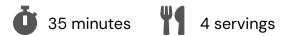






Mushroom Ragú







Hearty and comforting, featuring a rich mushroom and vegetable ragú served over creamy mashed potatoes, finished with a sprinkle of parmesan.

FROM YOUR BOX

MEDIUM POTATOES	1kg
BROWN ONION	1
RED CAPSICUM	1
ZUCCHINI	1
BUTTON MUSHROOMS	300g
ROSEMARY	1 stalk
TINNED CHOPPED TOMATOES	400g
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil, balsamic vinegar

NOTES

Boost the protein and add a drained can of lentils or chickpeas to the ragú.

1. COOK THE POTATOES

Roughly chop potatoes. Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve 1/2 cup cooking liquid before draining. Return potatoes to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with salt and pepper.



Peel potatoes if desired. Add milk, cream, butter or olive oil for extra flavour. We added 2 tbsp butter and used 1/2 cup milk.

2. SAUTÉ THE VEGETABLES

Dice onion, capsicum, and zucchini. Slice mushrooms. Heat a large pan over medium-high heat with 2 tbsp olive oil. Add onion and cook for 3 minutes until softened. Add remaining vegetables along with chopped rosemary leaves. Cook for 5-7 minutes, stirring occasionally, until vegetables are softened.



For extra flavour, add minced garlic or a pinch of chilli flakes.

3. SIMMER THE STEW

Stir in tinned tomatoes, 1 cup water and 1 tbsp balsamic vinegar. Bring to a simmer and cook for 10-12 minutes, until the sauce thickens slightly. Season with salt and pepper.



TIP Stir in a crumbled stock cube or use stock paste for depth of flavour. Add dried oregano, smoked paprika, or a pinch of sugar if desired.

4. FINISH AND SERVE

Serve the mushroom ragú over mashed potatoes and garnish with parmesan.



Try topping with toasted nuts or a drizzle of olive oil for added texture and richness.

This recipe has simplified instructions to help lower your meal cost.