



# Root Vegetable Stew and Cheesy Ciabatta

with Parsnip, Carrot and Potato

20

Classic 30-35 Minutes • 2 of your 5 a day • Veggie



Baking Potato



Parsnip



Carrot



Closed Cup Mushrooms



Garlic Clove



Mixed Herbs



Mature Cheddar Cheese



Ciabatta



Tomato Puree



Red Wine Stock Paste



Sun-Dried Tomato Paste

**Pantry Items**

Oil, Salt, Pepper, Plain Flour, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, colander, garlic press, kettle, measuring jug, grater and baking tray.

## Ingredients

| Ingredients                 | 2P       | 3P       | 4P        |
|-----------------------------|----------|----------|-----------|
| Baking Potato               | 1        | 2        | 2         |
| Parsnip**                   | 1        | 2        | 2         |
| Carrot**                    | 1        | 2        | 2         |
| Closed Cup Mushrooms**      | 150g     | 225g     | 300g      |
| Garlic Clove**              | 2        | 3        | 4         |
| Mixed Herbs                 | 1 sachet | 1 sachet | 2 sachets |
| Mature Cheddar Cheese** (7) | 90g      | 120g     | 180g      |
| Ciabatta (13)               | 2        | 3        | 4         |
| Tomato Puree                | 30g      | 45g      | 60g       |
| Red Wine Stock Paste (14)   | 28g      | 42g      | 56g       |
| Sun-Dried Tomato Paste      | 25g      | 37g      | 50g       |

| Pantry        | 2P     | 3P     | 4P     |
|---------------|--------|--------|--------|
| Plain Flour*  | 1 tbsp | 2 tbsp | 3 tbsp |
| Boiled Water* | 450ml  | 675ml  | 900ml  |
| Sugar*        | ½ tsp  | ¾ tsp  | 1 tsp  |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 496g        | 100g     |
| Energy (kJ/kcal)        | 2665 /637   | 537 /128 |
| Fat (g)                 | 20.7        | 4.2      |
| Sat. Fat (g)            | 10.6        | 2.1      |
| Carbohydrate (g)        | 93.4        | 18.8     |
| Sugars (g)              | 15.0        | 3.0      |
| Protein (g)             | 24.2        | 4.9      |
| Salt (g)                | 4.66        | 0.94     |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk (13) Cereals containing gluten (14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Chop the **potato** into 2cm chunks (no need to peel).

When boiling, add the **potato chunks** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander.

Meanwhile, trim the **parsnip** and **carrot** (no need to peel), then slice both into 1cm thick rounds. Quarter the **mushrooms**.

Peel and grate the **garlic** (or use a garlic press).



## Simmer and Stir

Slowly stir the **boiled water** (see pantry for amount) from your measuring jug into the **veg**, then stir in the **red wine stock paste** and **sun-dried tomato paste**.

Stir and bring to the boil, then reduce the heat to medium and simmer until the **veg** is tender and the **stew** has thickened, 12-14 mins.

When the **potatoes** are cooked, stir them into the **stew**. Season with **salt**, **pepper** and **sugar** (see pantry for amount). Add a splash of **water** if needed.



## Brown the Veg

Heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **carrot**, **parsnip** and **mushrooms**. Sprinkle in the **mixed herbs** and season with **salt** and **pepper**. Stir-fry until the **veg** is slightly tender and browned, 8-10 mins.

Meanwhile, boil a full kettle. Once boiled, pour the **boiled water** into a measuring jug (see pantry for amount).



## Let's Get Cheesy

While the **stew** simmers, preheat your grill to high. Lay the **ciabatta halves** onto a baking tray, cut-side up. Spread over the remaining **garlic** and drizzle with a little **olive oil**.

Evenly sprinkle over the **grated Cheddar** and season with **pepper**.

Grill the **ciabatta** on the top shelf of your oven until golden, 4-6 mins.



## Start your Stew

While everything cooks, grate the **cheese**. Halve the **ciabatta**.

Once the **veg** is browned, add the **tomato puree** and **half** the **garlic**. Cook until fragrant, 1 min.

Stir in the **flour** (see pantry for amount) and cook, stirring, for 3-4 mins.



## Serve

Share the **root vegetable stew** between your bowls.

Serve the **cheesy ciabatta** alongside.

## Enjoy!