

Hearty Double Mushroom Bourguignon with Cheesy Chive Mash

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

21



Potatoes



Onion



Carrot



Garlic Clove



Mature Cheddar
Cheese



Chives



Portobello
Mushrooms



Mushrooms



Dried Thyme



Tomato Puree



Red Wine Stock
Paste



A bourguignon is comforting and perfect for winter, plus it doesn't need meat to be a real comfort food. A French dish typically consisting of beef braised in red wine (usually Burgundy), this veggie version uses mushrooms for the same heartiness and depth of flavour.

Pantry Items

Oil, Salt, Pepper, Butter, 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, frying pan, garlic press, grater, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion	1	1½	2
Carrot**	1	1½	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** (7)	40g	70g	80g
Chives**	1 bunch	1 bunch	1 bunch
Portobello Mushrooms**	2	3	4
Mushrooms**	125g	250g	250g
Dried Thyme	1 sachet	1½ sachets	2 sachets
Tomato Puree	30g	45g	60g
Red Wine Stock Paste (14)	28g	42g	56g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Plain Flour*	1 tbspc	1½ tbspc	2 tbspc
Sugar for the Sauce*	½ tbspc	¾ tbspc	1 tbspc
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1956/468	308/74
Fat (g)	16.3	2.6
Sat. Fat (g)	9.9	1.6
Carbohydrate (g)	69.2	10.9
Sugars (g)	16.9	2.7
Protein (g)	13.5	2.1
Salt (g)	2.58	0.41

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

Allergens

7) Milk 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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

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Start the Potatoes

Bring a large saucepan of **water** with **½ tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

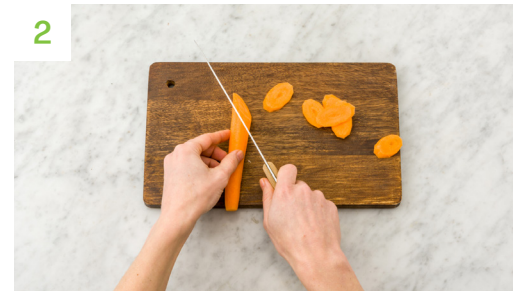


Simmer your Bourguignon

Once your **veg** is tender, add the **mushrooms** and fry for 3-4 mins more.

Add the **garlic**, **dried thyme**, **tomato puree**, **butter** and **flour** (see pantry for both amounts). Fry, stirring, for 1-2 mins more.

Stir in the **red wine stock paste** alongside the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower to a simmer. Cook until thickened, 3-4 mins.



Bring on the Veg

Meanwhile, halve, peel and chop the **onion** into small pieces.

Trim the **carrot**, then slice diagonally into 1cm thick rounds (no need to peel).

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **carrot** and **onion**. Stir-fry until tender, 10-12 mins.



Make your Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add the **cheese**, a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir through **half** the **chives**.

Cover with a lid to keep warm until ready to serve.

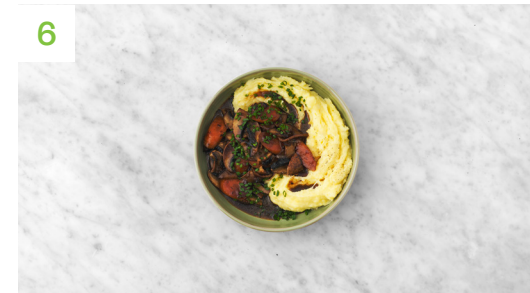


Finish the Prep

While the **veg** is frying, peel and grate the **garlic** (or use a garlic press).

Grate the **Cheddar**. Finely chop the **chives** (use scissors if easier).

Thinly slice the **portobello** and **closed cup mushrooms**.



Serve Up

Share the **mash** between your serving bowls.

Top with your **mushroom bourguignon**.

Sprinkle over the remaining **chives** to finish.

Enjoy!