



Cheesy Rosemary Mushroom Wellington with Creamy Wild Mushroom Sauce and Roasted Carrots

Festive Flavours 40-45 Minutes • 4 of your 5 a day • Veggie

21



Puff Pastry Sheet



Onion



Garlic Clove



Carrot



Sliced Mushrooms



Mature Cheddar Cheese



Dried Rosemary



Wild Mushroom Paste



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, frying pan, grater, baking tray and baking paper.

Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** 13)	½ pack	¾ pack	1 pack
Onion**	1	1	2
Garlic Clove**	1	2	2
Carrot**	3	5	6
Sliced Mushrooms**	180g	260g	360g
Mature Cheddar Cheese** 7)	90g	150g	180g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Wild Mushroom Paste	22g	22g	30g
Crème Fraiche** 7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	497g	100g
Energy (kJ/kcal)	3049 /729	613 /147
Fat (g)	48.2	9.7
Sat. Fat (g)	28.1	5.6
Carbohydrate (g)	55.5	11.2
Sugars (g)	22.9	4.6
Protein (g)	19.6	4.0
Salt (g)	3.0	0.6

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

Allergens

7) Milk 13) Cereals containing gluten

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 Prepping

Preheat your oven to 240°C/220°C fan/gas mark 9.
Remove the **puff pastry** from your fridge.

Halve, peel and chop the **onion** into small pieces.
Peel and grate the **garlic** (or use a garlic press).

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Let's Get Roasting

Pop the **carrots** on the same tray as the **Wellington**. Drizzle the **carrots** with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if needed.

Bake on the top shelf of your oven until golden, 15-20 mins.

When the **Wellington** is cooked, allow to rest for a few mins.



Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and **mushrooms** and stir-fry until softened, 5-6 mins. Season with **salt** and **pepper**.

Meanwhile, grate the **cheese**.

Once the **veg** has softened, stir in the **garlic** and **dried rosemary**. Cook, stirring, for 30 secs, then remove from the heat and allow to cool slightly.



Mushroom Sauce Time

When the **Wellington** has a few mins left, pop the (now empty) frying pan back on medium-high heat (no oil).

Pour in the **water for the sauce** (see pantry for amount) and bring to a boil, then stir in the **wild mushroom paste**.

Reduce the heat to a simmer and keep stirring until combined and slightly thickened, 1-2 mins.

Stir in the **crème fraiche** until piping hot, then taste and season with **salt** and plenty of **pepper**. Add a splash of **water** if it's a little too thick.



Make your Wellington

Lay your **pastry sheet** (see ingredients for amount) on a large baking tray with its baking paper beneath.

Once the **mushroom filling** has cooled, spoon it down one side, leaving a 2cm border. Top with the **cheese**.

Fold the **pastry** over the **filling** to enclose it, gently pressing down the edges with the back of a fork to seal the 3 open sides. Poke 3 holes along the top with a sharp knife.



Slice and Serve

When ready, slice the **mushroom Wellington** in half widthways and share between your plates.

Serve the **carrots** alongside and spoon the **creamy wild mushroom sauce** (reheat first if needed) over everything to finish.

Enjoy!