



Root Vegetable Stew and Cheesy Ciabatta with Parsnip, Carrot and Potato

21

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



Parsnip



Carrot



Closed Cup Mushrooms



Baking Potato



Garlic Clove



Mature Cheddar Cheese



Ciabatta



Red Wine Stock Paste



Vegetable Stock Paste



Tomato Puree



Dried Rosemary

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

Garlic press, saucepan, kettle, grater, measuring jug and baking tray.

Ingredients

Ingredients	2P	3P	4P
Parsnip**	1	2	2
Carrot**	1	2	2
Closed Cup Mushrooms**	225g	375g	450g
Baking Potato	1	2	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** (7)	90g	120g	180g
Ciabatta (13)	2	3	4
Red Wine Stock Paste (14)	28g	42g	56g
Vegetable Stock Paste (10)	15g	20g	30g
Tomato Puree	30g	45g	60g
Dried Rosemary	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Plain Flour*	1 tbsp	2 tbsp	3 tbsp
Boiled Water for the Stock*	500ml	750ml	1000ml
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	506g	100g
	2497 /597	493 /118
Fat (g)	19.9	3.9
Sat. Fat (g)	10.6	2.1
Carbohydrate (g)	85.1	16.8
Sugars (g)	13.1	2.6
Protein (g)	24.6	4.9
Salt (g)	6.27	1.24

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

Allergens

7) Milk 10) Celery 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Prep the Veg

Trim the **parsnip** and **carrot** (no need to peel), then slice both into rounds about 1cm thick.

Quarter the **mushrooms**. Chop the **potatoes** into 2cm chunks (no need to peel).

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



Start Cooking

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

Once hot, add the **potatoes, carrot, parsnip** and **mushrooms**. Season with **salt** and **pepper**, then stir-fry until slightly tender and browned, 8-10 mins.

Meanwhile, boil a full kettle.



Whisk your Stock Mixture

Grate the **cheese**. Halve the **ciabatta**.

In a measuring jug, whisk together the **flour** (see pantry for amount), **red wine stock paste** and **vegetable stock paste**. Slowly whisk in the **boiled water for the stock** (see pantry for amount) until smooth.



Simmer your Stew

Add the **tomato puree, dried rosemary** and **half the garlic** to the **veg** and cook until fragrant, 1 min.

Slowly stir the **stock mixture** into the **veg** until incorporated. Bring the **stew** up to the boil whilst stirring, then reduce the heat to medium and simmer until the **veg** is tender and the **stew** has thickened, 12-14 mins.

Season with **salt, pepper** and **sugar** (see pantry for amount). Add a splash of **water** if needed.



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**.

Top with the **grated Cheddar** and season with **pepper**.

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



Serve

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

Serve the **cheesy bread** alongside.

Enjoy!