



# Ultimate Sweet Potato and Mushroom Nut Roast with Gravy, Roast Potatoes, Redcurrant Cabbage and Green Beans

35

Ultimate 60-65 Minutes • Veggie • 4 of your 5 a day



Garlic Clove



Mature Cheddar  
Cheese



Hazelnuts



Dried Porcini  
Mushrooms



Diced Sweet  
Potato



Potatoes



Red Cabbage



Sliced Mushrooms



Dried Rosemary



Vegetable Stock  
Paste



Panko Breadcrumbs



Redcurrant Jelly



Green Beans

**Pantry Items**

Oil, Salt, Pepper, Butter, Plain Flour



## Before you start

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

## Cooking tools

Kettle, garlic press, bowl, baking tray, saucepan, frying pan, baking dish and lid.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	5
Mature Cheddar Cheese** 7)	80g	120g	160g
Hazelnuts 2)	50g	75g	100g
Dried Porcini Mushrooms	5g	10g	10g
Diced Sweet Potato**	300g	450g	600g
Potatoes	450g	700g	900g
Red Cabbage**	½	¾	1
Sliced Mushrooms**	180g	300g	360g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste 10)	20g	30g	40g
Panko Breadcrumbs 13)	25g	37½g	50g
Redcurrant Jelly	50g	75g	100g
Green Beans**	150g	200g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Mushrooms*	20ml	30ml	40ml
Water for Cabbage*	200ml	300ml	400ml
Butter*	30g	45g	60g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Gravy*	400ml	600ml	800ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3873 / 926	528 / 126
Fat (g)	45.6	6.2
Sat. Fat (g)	18.4	2.5
Carbohydrate (g)	102.3	14
Sugars (g)	24.9	3.4
Protein (g)	27.7	3.8
Salt (g)	4.14	0.56

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

## Allergens

2) Nuts 7) Milk 10) Celery 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 Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Boil a half-full kettle.

Peel and grate the **garlic** (or use a garlic press).  
Grate the **cheese** and roughly chop the **hazelnuts**, then add both to a large bowl and set aside.

Put the **porcini mushrooms** and **boiled water for the mushrooms** (see pantry for amount) into a small bowl and leave to soak.

Put the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

**TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until tender, 18-20 mins. Turn halfway through.



## It's all Gravy

Pop a small saucepan on medium-high heat and add the **butter** (see pantry for amount).

Melt gently, then stir in the **flour** (see pantry for amount). Continue to stir until combined, you've made a **roux**!

Cook, stirring, until the **roux** is a medium brown colour, 3-4 mins. Gradually stir in the **water for the gravy** (see pantry for amount), then stir in the **veg stock paste** and bring to the boil, stirring out any lumps.

Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 15-20 mins.



## Potato and Cabbage Time

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Add to a large baking tray. Drizzle with **oil**, season, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. Roast on the middle shelf until golden, 30-35 mins. Turn halfway through.

While they roast, halve the **cabbage** (see ingredients), cut out and discard the tough core, then finely slice. Heat a drizzle of oil in a large saucepan on medium heat.

Add the **cabbage** and cook, stirring frequently, until it starts to soften, 3-4 mins. Add the **water for the cabbage** (see pantry for amount). Lower the heat and simmer until tender, 20-25 mins.



## Bake the Nut Roast

Once the **sweet potato** is cooked, add it to the **nut mixture**. Using a fork, roughly mash the **sweet potato**, leaving some **chunks** whole.

Add the **breadcrumbs** and **soaked porcini mushrooms** (including their liquid) to the bowl. Season with **salt** and **pepper**, then mix well.

Transfer the **nut roast mixture** to a lightly oiled baking dish. Use the back of a spoon to press the mixture into the dish. Drizzle with a little **oil** and bake on the top shelf until golden, 15-20 mins.

Once the **cabbage** is cooked, stir through the **redcurrant jelly**, season with **salt** and remove from the heat.



## Add the Mushrooms

While the **cabbage** simmers, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sliced mushrooms** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 5-6 mins.

Stir in the **garlic** and **dried rosemary**. Cook until fragrant, 1 min.

Once cooked, transfer to the bowl of **cheese** and **nuts**, then set the **nut mixture** aside. Keep the pan, you'll use it again.



## Serve up your Festive Feast

Trim the **green beans**. When the **nut roast** has 8 mins remaining, pop the **mushroom** pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and fry until starting to char, 2-3 mins. Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins. Season to taste.

When ready, reheat the **cabbage** and **gravy** if needed, then serve your **ultimate nut roast** with the **roast potatoes**, **red cabbage** and **green beans**. Pour over the **gravy** to finish.

Enjoy!