



Product Spotlight: Umami Stock Paste

Umami means “essence of deliciousness”; we think that’s a perfect description for this nourishing plant-based broth. This paste is a concentrated blend of vegetables, miso and assorted mushrooms.



Mushroom Bourguignon with Smashed Potatoes

This mushroom bourguignon is so rich and comforting that you don't even miss the meat! Cooked with umami-rich mushroom stock paste and beluga lentils, served over crispy smashed potatoes.



30 minutes



2 servings



Plant-Based

Switch it up!

Switch the smashed potatoes for mashed potatoes! Boil until soft and mash with milk and butter. Season to taste with salt and pepper.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	4g	67g

FROM YOUR BOX

BABY POTATOES	400g
BROWN ONION	1
BUTTON MUSHROOMS	150g
GOURMET MUSHROOMS	1 packet
GARLIC CLOVES	2
ROSEMARY SPRIG	1
CARROT	1
TINNED BELUGA LENTILS	400g
TOMATO PASTE	1 sachet
UMAMI STOCK PASTE	1 jar
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried thyme, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven tray, kettle

NOTES

Let it simmer low and slow (30–40 minutes) to really bring out the richness in the mushroom sauce – it only gets better with time.



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1. BOIL THE POTATOES

Set oven to 250°C and boil kettle.

Add **potatoes** to a saucepan and cover with **hot water** from the kettle. Bring to a boil and cook for 10 minutes until tender. Drain **potatoes** (see step 4).



2. SAUTÉ THE MUSHROOMS

Slice **onion**, halve **button mushrooms**, trim and chop **gourmet mushrooms**, crush **garlic** and finely chop **rosemary**.

Heat a large frypan over medium-high heat with **oil**. Sauté **prepared vegetables** for 5–7 minutes until browned.



3. SIMMER THE BOURGIGNON

Slice **carrot**, drain and rinse **lentils**, and add to pan with **tomato paste**. Whisk **stock**, **1 1/2 tbsp cornflour** and **1 1/2 cups water** in a jug and pour into pan. Simmer, semi-covered, for 10–15 minutes until **carrot** is tender.



4. SMASH THE POTATOES

Add drained **potatoes** to a lined oven tray and smash with a spatula or the bottom of a glass. Drizzle with **oil**, season with **2 tsp thyme**, **salt** and **pepper** and roast for 15 minutes until golden and crispy.



5. CHOP THE PARSLEY

Roughly chop **parsley leaves** (see notes).

Season the **Bourguignon** with **3 tsp vinegar**, **salt** and **pepper**.



6. FINISH AND SERVE

Divide **mushroom Bourguignon** among shallow bowls. Serve with **smashed potatoes** and garnish with **parsley**.

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