

Mushroom Bourguignon

with Mash Potato and Green Beans

hellóchef

Bourguignon refers to a recipe that is prepared in the style of the French region of Bourgogne (aka Burgundy!).

Cals 548 • Prot 27 • Carbs 95 • Fat 11

Vegan

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🕒 cook: 45 min

R2280



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bourguignon	2 ppl	3 ppl	4 ppl	
Carrot	1	2	2	Piece
Red onion	1	1	2	Piece
Mushroom	250	500	500	Grams
Chestnut mushrooms	250	250	500	Grams
Garlic cloves	3	5	6	Piece
Sun dried tomatoes	60	90	120	Grams
Fresh thyme	10	10	10	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Balsamic vinegar 14*	15	22	30	ML
Tomato paste	30	50	70	Grams
Brown sugar	10	15	20	Grams
Tomato passata	200	400	500	Grams
Water	150	225	300	ML
To serve				
Potatoes	600	900	1200	Grams
Salt	0.5	0.5	1	Tsp
Salted vegan butter	20	30	40	Grams
Black pepper	0.5	0.5	1	Tsp
Green beans	150	250	375	Grams

Allergens

*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2295 / 548
Fat (g)	11.1
of which saturates (g)	5.1
Carbohydrate (g)	95
of which sugars (g)	34.3
Fiber (g)	21.3
Protein (g)	26.8
Salt (g)	1.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make mash

Peel and chop the **potatoes** into bite-size pieces. Add them to a pot of boiling water with a generous pinch of **salt** and cook over a medium heat for 15 min or until soft. Once soft, drain the **potatoes** and return them to the pot with the **vegan butter**. Mash until smooth. Season with **salt** and **pepper**.



2 Prep vegetables

Meanwhile, peel and finely chop the **carrot** and **onion**. Clean and slice the **mushrooms**. Peel and mince the **garlic**. Slice the **sun dried tomatoes**. Strip and finely chop the **thyme** leaves.



3 Fry mushrooms

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 6 min until browned.



4 Fry vegetables

Add another drizzle of **oil** along with the **carrots, onion** and **garlic**. Fry for 5–6 min until softened. Add the **thyme** and **sun dried tomatoes**.



5 Simmer

Add the **balsamic vinegar, tomato paste, brown sugar, tomato passata**, and **measured water** to the pan. Reduce the heat to low and simmer for 10 min until thickened. Season with **salt** to taste.



6 Boil green beans

Meanwhile, trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3–4 min or until tender. Drain once cooked. Serve the **mushroom bourguignon** over the **mashed potato** with the **green beans** to the side.