



# Hearty Vegetable Stew

with cheesy crostini

Family Veggie 40-45 mins • Eat me first

9



Baguette



Grated Cheese



Carrot



Mushrooms



Potatoes



Garlic



Red Wine Jus



Passata



Vegetable Stock



Parsley



Parsnip

Pantry Items: Salt, Pepper, Sugar, Oil, Flour, Water, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Baguette	2 units	4 units
Grated Cheese	50 g	100 g
Carrot	1 unit	2 units
Mushrooms	150 g	300 g
Potatoes	1 unit	2 units
Garlic	2 units	4 units
Red Wine Jus	1 sachet	2 sachets
Passata	1 pack	2 packs
Vegetable Stock	2 sachets	4 sachets
Parsley	5 g	10 g
Parsnip	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	634.5 g	100 g
Energy (kJ/kcal)	3096.2 kJ/ 740 kcal	488 kJ/ 116.6 kcal
Fat (g)	16.6 g	2.6 g
Sat. Fat (g)	7.3 g	1.2 g
Carbohydrate (g)	125.2 g	19.7 g
Sugars (g)	21.7 g	3.4 g
Protein (g)	27.3 g	4.3 g
Salt (g)	5.3 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **carrot** and **parsnip** then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Roughly chop the **mushrooms**.
- Roughly chop the **parsley**.
- Peel and grate the **garlic** (or use a garlic press).



## Make the Crostini

- While the stew simmers, cut the **baguettes** into 2cm slices.
- Pop onto a lined baking tray and toast until golden brown, 8-10 mins.
- Once golden, remove from the oven, scatter the **cheese** over the slices and return to the oven until the **cheese** has melted, 1-2 mins.

**TIP:** Keep an eye on them so they don't burn!



## Brown the Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **mushrooms**, **garlic** and **carrot** until browned, 5-7 mins.
- Season with **salt** and **pepper**.



## Finishing Touches

- In a small bowl, mix together 1 tbsp **flour** and 2 tbsp **water** (double both for 4p).
- Add to the simmering stew and cook for another 3-5 mins.
- Season to taste with **sugar**, **salt** and **pepper**.
- Stir through a knob of **butter**.

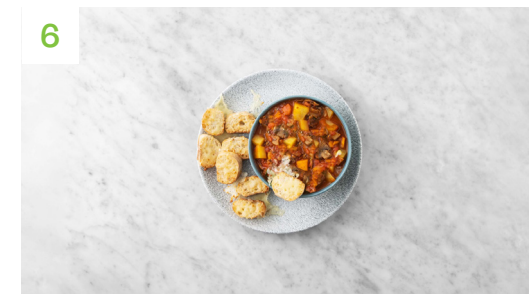
**TIP:** Add a splash of water if you feel the stew has become too thick.



## Simmer the Stew

- Meanwhile, chop the **potatoes** into 2cm chunks (peeling optional).
- Add **parsnip** and **potatoes** to the pot and fry for 2-3 mins.
- Stir in the **red wine jus**, **veg stock powder**, **passata** and 350ml **water** (double for 4p).
- Season with **salt**, **pepper** and ½ tsp **sugar**.
- Bring to the boil then simmer until slightly reduced, 12-15 mins.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Garnish and Serve

- Divide hearty helpings of your stew between bowls.
- Serve with the cheesy crostini on the side.
- Garnish with **parsley**.

**Enjoy!**