



Spiced Mushroom and Coconut Stew

with cheese crostini

Veggie Quick Cook 20-25 mins • Eat me first

8



Baguette



Mushrooms



Onion



Garlic



Coconut Milk



Parsley



Greek Style Cheese



BBQ Rub



Hello Muscat

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



Rate your recipe!

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

Grater, pot with lid

Ingredients

	2P	4P
Baguette	2 units	4 units
Mushrooms	250 g	500 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Coconut Milk	1 pack	2 packs
Parsley	5 g	10 g
Greek Style Cheese	100 g	200 g
BBQ Rub	1 sachet	2 sachets
Hello Muscat	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	456 g	100 g
Energy (kJ/kcal)	2895 kJ/ 692 kcal	635 kJ/ 152 kcal
Fat (g)	31.5 g	6.9 g
Sat. Fat (g)	24 g	5.3 g
Carbohydrate (g)	79.3 g	17.4 g
Sugars (g)	11.4 g	2.5 g
Protein (g)	26.3 g	5.8 g
Salt (g)	3.8 g	0.83 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.

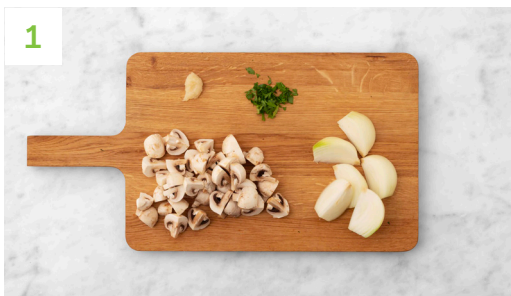
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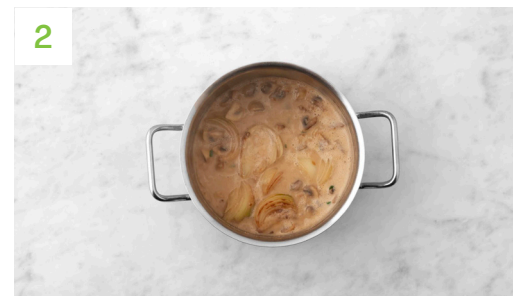


You can recycle me!



Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Roughly chop the **mushrooms**.
- Halve and peel the **onion**. Cut each **half** into 3 wedges.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



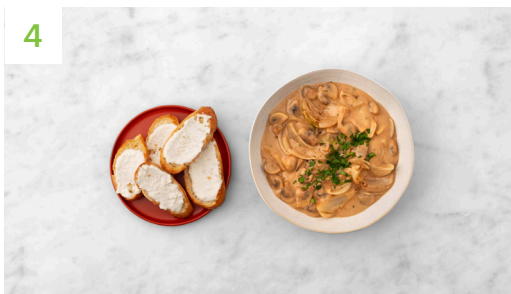
Start the Soup

- Place a pot over high heat with a drizzle of **oil**.
- Fry the **onion, garlic and mushrooms** until softened, stirring occasionally, 4-5 mins.
- Lower heat to medium-high. Add the **BBQ rub** and 1 tbsp **flour** (double for 4p). Fry for 1 min.
- Shake the **coconut milk** and reserve 1 tbsp (double for 4p). Add remaining **coconut milk, muscat, half** the chopped **parsley** and 250ml **water** (double for 4p) to the pot.
- Bring to a boil, then cover and simmer for 8-10 mins.



Make the Crostini

- Meanwhile, cut the **baguettes** widthways at an angle into 2cm slices.
- Lay the slices on a baking tray. Bake until golden brown, 8-10 mins.
- While the crostini are crisping, use a fork to mash together the **Greek style cheese** and reserved **coconut milk**. You want to make a sort of paste!
- Once the crostinis are crispy, spread the **cheese** mixture on top of each slice.
- Garnish with a crack of **black pepper**.



Finish and Serve

- Season the stew to taste with **salt** and **pepper**.
- Divide between bowls.
- Garnish with a sprinkling of remaining **parsley**.
- Serve the **Greek style cheese** crostini alongside.

Enjoy!