



# Hearty Vegetable Stew

with cheesy crostini

Family Veggie 35 – 40 mins

9



Grated Cheese



Mushrooms



Baguette



Garlic



Passata



Vegetable Stock



Parsley



Carrot



Leek



Thyme



Sweet Potato

Pantry Items: Salt, Pepper, Sugar, Oil, 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

Baking sheet with baking paper, grater, pot with lid

## Ingredients

	2P	4P
Grated Cheese	50 g	100 g
Mushrooms	150 g	300 g
Baguette	2 units	4 units
Garlic	2 units	4 units
Passata	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Parsley	5 g	10 g
Carrot	1 unit	2 units
Leek	1 unit	2 units
Thyme	5 g	10 g
Sweet Potato	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	648 g	100 g
Energy (kJ/kcal)	3090 kJ/ 738 kcal	477 kJ/ 114 kcal
Fat (g)	13.1 g	2 g
Sat. Fat (g)	6.7 g	1 g
Carbohydrate (g)	128.6 g	19.9 g
Sugars (g)	27.3 g	4.2 g
Protein (g)	26.7 g	4.1 g
Salt (g)	4.3 g	0.6 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.

## Contact

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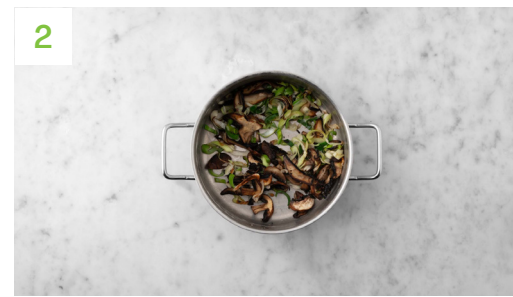
## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **carrot** then quarter lengthways. Chop widthways into small pieces. Chop the **sweet potato** into 2cm chunks (peeling optional).
- Roughly chop the **mushrooms**.
- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.
- Peel and grate the **garlic** (or use a garlic press). Pick the **thyme** leaves (discard the stalks).



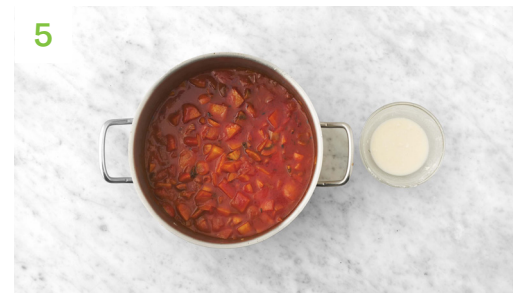
## Make the Crostini

- Meanwhile, halve the **baguettes** lengthways. Cut each **half** into four equal triangles.
- Pop onto a lined baking tray and toast until golden brown, 2-3 mins.
- Once golden, remove the crostini from the oven and scatter over the **cheese**.
- Return to the oven until the **cheese** has melted, 1-2 mins.
- Roughly chop the **parsley**.



## Brown the Veg

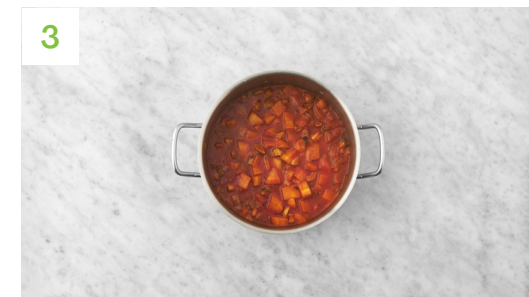
- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** and **leek**.
- Fry until browned, 5-7 mins. Season with **salt** and **pepper**.
- Add the **carrot**, **sweet potato**, **garlic** and **thyme**.
- Cook, stirring, 2-3 mins.



## Finishing Touches

- In a small bowl, mix together 1 tsp **flour** and 2 tsp **water** (double both for 4p).
- Once the stew has simmered, stir the **flour** mixture into the stew.
- Cook until the stew is slightly thickened, another 3-5 mins.
- Season to taste with **sugar**, **salt** and **pepper**.

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



## Simmer the Stew

- Stir in the **stock**, **passata**, 350ml **water** and ½ tsp **sugar** (double both for 4p).
- Cover the pot and simmer until the **sweet potato** and **parsnip** are fork tender, 15-20 mins.



## Garnish and Serve

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

**Enjoy!**