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Garlicky Mushrooms with Provencal Stew

This dish is an eensy bit magical, because our chef André's mum, taught him how to make it when he was young. In fact her mum had taught her and it's gone on that way for generations! So, tonight he wanted to invite you to share and enjoy a little bit of his family history, as well some very tasty garlicky Provencal bean stew.

 30 mins

 healthy

 veggie



Portobello Mushroom
(4)



Flat Leaf Parsley
(5 tbsp)



Garlic Clove (4)



Netherend Butter
(1½ tbsp)



Panko Breadcrumbs
(5 tbsp)



Red Onion (½)



Courgette (1)



Basil (3 tbsp)



Cannellini Beans (1 tin)



Tomato Passata
(1 carton)

Ingredients

	2 PEOPLE	ALLERGENS
Portobello Mushroom	4	
Flat Leaf Parsley, chopped	5 tbsp	
Garlic Clove, grated	4	
Netherend Butter	1½ tbsp	Milk
Panko Breadcrumbs	5 tbsp	Gluten, Soya
Red Onion, chopped	½	
Courgette, chopped	1	
Basil	3 tbsp	
Cannellini Beans	1 tin	
Tomato Passata	1 carton	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Significant European mushroom cultivation began in France in the 17th century, specifically in the catacombs (underground caves and tunnels) that lay beneath the city of Paris.

Nutrition per serving: Calories: 413 kcal | Protein: 28 g | Carbs: 62 g | Fat: 6 g | Saturated Fat: 1 g

1



1 Pre-heat your oven to 200 degrees. Remove the stalks from the centre of the **mushrooms**. Pick the **parsley** leaves from their stalks. Discard the stalks and roughly chop the leaves. Peel and grate the **garlic** (you can use a garlic press if you have one!). Melt the butter.

Tip: *If you have a microwave, simply pop the butter in a small bowl and place in the microwave for 30 seconds.*

2



2 In a bowl, mix the **breadcrumbs** with the chopped **parsley**, half the **garlic** and the melted **butter**. Season with ¼ tsp of **salt** and a good grind of **black pepper**. Fill the **mushrooms** with this filling and place on a baking tray. Cook in the oven for 15 mins or until the breadcrumbs are nice and golden.

3



3 Now for the stew! Peel and finely chop half the **red onion**. Chop the ends off the **courgette**, cut in half lengthways, then again lengthways to create four long strips. Roughly chop each long strip into chunks at 1cm intervals. Pick the **basil** leaves and set aside for later. Drain the **cannellini beans** in a colander and rinse under cold water.

4



4 Add 2 tbsp of **olive oil** to a saucepan on medium heat. Add the **red onion** and sweat for 5 mins or until the onions are translucent. Add the **courgette** and cook for another 10 mins. Season with ¼ tsp of **salt** and a good grind of **black pepper** and then add the remaining **garlic**. Cook for a further minute.

5 Stir in the **tomato passata** and bring the stew to the boil. Once boiling, reduce the heat to low and simmer for 8 mins or until the sauce has reduced by a third. Add the **cannellini beans** and cook for another minute. Just before serving, tear and stir in the **basil** leaves.

6 Serve the mushrooms on top of a generous bowlful of the stew and enjoy!