



# Camembert, Balsamic Onion and Mushroom Wellingtons with Roast Potatoes, Tenderstem Broccoli and Redcurrant Sauce

Roast 60 Minutes • 2.5 of your 5 a day • Veggie

31



Potatoes



Red Onion



Portobello Mushroom



Garlic Clove



Plain Flour



Balsamic Vinegar



Camembert



Puff Pastry Sheet



Echalion Shallot



Red Wine Stock Sachet



Redcurrant Jelly



Tenderstem Broccoli®

## Before you start

Our fruit and veggies need a little wash before you use them!

### Cooking tools, you will need:

Two Baking Trays, Chopping Board, Sharp Knife, Vegetable Peeler, Saucepan, Fine Grater (or Garlic Press), Colander, Frying Pan and Lid.

## Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Red Onion**	2	3	4
Portobello Mushroom**	1 large punnet	1 small & 1 large punnet	2 large punnets
Garlic Clove**	1 clove	2 cloves	2 cloves
Plain Flour <b>(13)</b>	8g	16g	16g
Balsamic Vinegar <b>(14)</b>	2 sachets	3 sachets	4 sachets
Camembert <b>7)</b> **	½	1	1
Puff Pastry Sheet <b>(13)</b>	1	1½	2
Echalion Shallot**	1	1	2
Red Wine Stock Sachet <b>(14)</b>	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Redcurrant Jelly	1 pot	1½ pots	2 pots
Tenderstem	1 small pack	1 pack	2 packs
Broccoli ***			

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	852g	100g
Energy (kJ/kcal)	4738 /1133	556 /133
Fat (g)	52	6
Sat. Fat (g)	28	3
Carbohydrate (g)	131	15
Sugars (g)	27	3
Protein (g)	32	4
Salt (g)	3.86	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **(13)** Gluten **(14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Start the Potatoes

Fill and boil your kettle. Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop in your oven. Peel the **potatoes**, chop them into 3cm chunks. Pour the boiling **water** into a large saucepan on high heat with 0.5 tsp of **salt**. Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife.



## Assemble!

Slice the **Camembert** so you have roughly 2 long slices per person (see ingredients for amount you need). Cut the puff **pastry sheet(s)** in half widthways to make rectangles - you want **half** a sheet of pastry per person. Divide the **balsamic onion** onto the bottom half of each pastry rectangle. Top this with the **mushrooms** then add the slices of **Camembert**. Dampen the pastry edges with some **water** then fold the top half of the pastry over the filling to enclose, gently press down the edges of the pastry with the back of a fork to seal the parcel on all 3 sides.



## Get Prepped

Halve, peel and thinly slice the **red onions**. Thinly slice the **mushrooms**, peel and grate the **garlic** (or use a garlic press). Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through.



## Bake!

Use a sharp knife to gently score 3 diagonal lines on the top of the **pastry lid**. Carefully transfer the **pastry parcels** to a large baking tray (or two). Move the **potatoes** to the middle shelf of your oven and pop the **wellingtons** onto the top shelf of your oven to bake until the pastry is golden, 20-25 mins. Meanwhile, halve, peel and thinly slice the **shallot**. Wipe out the saucepan you used for the **onions**. Pop the pan on medium heat and add a drizzle of **oil** and the **shallot**. Fry until soft, 4-5 mins. Add the remaining **balsamic vinegar** and allow to evaporate, 1 minute. Add the **red wine stock sachet**, **redcurrant jelly** and **water** (see ingredients for amount), bring to a boil then lower the heat and simmer until glossy and slightly thickened, 3-4 mins. Once glossy, remove from the heat



## Make the Fillings

Meanwhile, heat a drizzle of **oil** in a saucepan over medium heat, add the **red onion** and season with **salt**. Cook, stirring regularly until soft, 8-10 mins. Meanwhile, drizzle **oil** in a frying pan over high heat and add the **mushrooms**. Cook, stirring, until golden, 6-8 mins. Stir the **garlic** into the **mushrooms**, season with **salt** and **pepper** and cook until fragrant, 1-2 mins, then remove from the heat. **TIP:** Add another splash of oil to the pan if it's needed. Once the **onions** are soft, add **half** the **balsamic vinegar** and cook for a further minute until evaporated, then remove from the heat.



## Make the Sauce

Pop your mushroom frying pan back on medium-high heat (no need to wash) and add a drizzle of **oil**. Add the **Tenderstem broccoli** and season with **salt** and **pepper**. Fry until starting to colour, 2-3 mins then add a splash of **water**. Cover with a lid or some tin foil and allow to steam-fry until tender, 3-4 mins. Remove from the heat. Reheat the **sauce** if necessary. Divide the **wellingtons** between plates and serve the **potatoes** and **broccoli** next to them with the **sauce** drizzled over it.

## Enjoy!