



Mushroom and Blackbean Wellington

with Thyme-Roasted Carrots

CLASSIC 40 Minutes • 3.5 of your 5 a day • Veggie

Nº 21



Red Onion



Closed Cup Mushrooms



Portobello Mushroom



Garlic Clove



Thyme



Black Beans



Hard Italian Style Grated Cheese



Chantenay Carrot



Puff Pastry

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Frying Pan, Measuring Jug and two Baking Trays.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Portobello Mushroom**	1 small punnet	1 large punnet	2 small punnets
Garlic Clove	1	2	2
Thyme**	1 bunch	1 bunch	1 bunch
Black Beans	1 carton	1½ cartons	2 cartons
Water for the Mixture*	50ml	75ml	100ml
Grated Hard Italian Style Cheese** 7) 8)	1 sachet	1½ sachets	2 sachets
Chantenay Carrot**	1 pack	1½ packs	2 packs
Puff Pastry** 13)	1 roll	1½ rolls	2 rolls

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	641g	100g
Energy (kJ/kcal)	3674 /878	574/137
Fat (g)	46	7
Sat. Fat (g)	22	3
Carbohydrate (g)	85	13
Sugars (g)	15	2
Protein (g)	27	4
Salt (g)	1.78	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

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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1. Get Prepped

Preheat your oven to 220°C. Halve, peel and thinly slice the **red onion**. Roughly chop the **closed cup mushrooms**. Thinly slice the **portobello mushrooms**. Peel and grate the **garlic** (or use a garlic press). Pull the **thyme leaves** off their stalks (discard the stalks). Drain and rinse the **blackbeans**. Put **half the blackbeans** in a bowl and roughly mash with a fork. Set aside.



4. Carrot Time

Add the **cheese** to the **mixture** in the pan and stir together until combined. Set aside to cool down a little. Meanwhile, trim the tops from the **carrots** and halve lengthways. Pop the **carrots** on a baking tray, drizzle with **oil**, sprinkle over the remaining **thyme** and a pinch of **salt** and **pepper**. Set aside, we'll roast them shortly.



2. Get Cooking

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **red onion** and a pinch of **salt**, **sugar** and **pepper**. Cook until softened, 5-6 mins, stirring occasionally. Once cooked, remove from the pan to a bowl and pop your pan back on medium-high heat. Add a drizzle of **oil** and the **portobello mushrooms**. Add a pinch of **salt** and **pepper** and stir-fry the **mushrooms** until slightly softened, 3-4 mins.



5. Assemble the Welly

Unroll the **pastry** onto a large baking tray (on the baking paper it comes with) and spoon the **mushroom mixture** along one **half** of the long side, leaving a 2cm gap down the long side and both ends. Fold the other **half** of the **pastry** over the **mixture** to enclose, gently press down the edges of the **pastry** with the back of a fork to seal the **parcel** on all 3 sides. Make a small hole in the top with a fork. Roast on the top shelf of your oven until the **pastry** is golden, 20-25 mins.



3. Add the Beans

Add the **chopped mushrooms**, **half the thyme** and more **oil** if needed. Stir-fry the **mushrooms** until golden, 3-5 more mins. Stir in the **garlic** and **red onion**, cook for 1 more minute, then add the **black beans** (whole and crushed) and the **water** (see ingredient list for amount). Bring to the boil, stir everything together, simmer until the **water** has completely evaporated, 3-5 mins. Remove from the heat, taste and add **salt** and **pepper** if you feel it needs it.



6. Finish and Serve

Add your baking tray of **carrots** on the middle shelf to cook for 20-25 mins with the wellington. Remove both trays from the oven and slice the **Wellington** into 3 slices per person. Serve on plates with your **roasted carrots** alongside.

Enjoy!