



MUSHROOM & BORLOTTI BEAN STEW

with Hazelnut & Parsley Pesto



HELLO XXX

xx



Leek



Carrot



Garlic Clove



Closed Cup Mushrooms



Borlotti Beans



Rosemary



Fresh Bay Leaf



Portobello Mushrooms



Provencal Herbs



Red Wine Stock Pot



Ciabatta



Hazelnuts



Flat Leaf Parsley



Tarragon



Spinach

MEAL BAG

35 mins

2 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Large Frying Pan** (with a **Lid**), some **Baking Paper**, a **Baking Tray**, **Measuring Jug**, some **Foil** and a **Small Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 180°C. Remove the root and dark green top from the **leek**. Halve lengthways then thinly slice widthways. Trim the **carrot** (no need to peel), then halve lengthways and thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **closed cup mushrooms**. Drain and rinse the **beans** in a sieve.



2 GET STARTED

In a large frying pan, heat a glug of **oil** over a medium-high heat. Fry the **carrot**, **leek**, **rosemary sprigs** and **bay leaf** until the **carrot** is soft and beginning to colour, stirring occasionally, 6-8 mins. Don't forget to remove the **rosemary** and **bay leaf** before serving!



3 ROAST THE MUSHROOMS

In the meantime, place the **portobello mushrooms** on a lined baking tray. In a small bowl mix **half** the **grated garlic** with 1 tbsp of **olive oil** per person and add a pinch of **salt** and **pepper**. Drizzle the **oil** over the **mushrooms**. Roast on the top shelf of your oven for 20 mins, then remove and set aside.



4 COOK THE STEW

Add the **Provencal herbs**, sliced **closed cup mushrooms** and remaining **garlic** to the frying pan, stir. Cook for 3 mins, then add the **beans**, **stock pot** and **water** (see ingredients for amount). Stir to dissolve the **stock pot**, bring to the boil, then lower the heat and simmer until thickened slightly, 10-15 mins. Meanwhile, add a drizzle of **olive oil** and a sprinkling of **salt** to the top of the **ciabatta**, wrap in foil and warm on the middle shelf of your oven for 15 mins.



5 MAKE THE PARSLEY PESTO

Heat a small frying pan over medium-low heat and toast the **hazelnuts** until lightly coloured. Remove from the pan and roughly chop. Roughly chop the **parsley** (stalks and all). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). In another small bowl, mix together the **hazelnuts**, **half the chopped parsley** and the **olive oil** (see ingredients for amount). Season to taste with a pinch of **salt** and **pepper**. Set aside.



6 TO FINISH UP

Mash up some of the **beans** with the back of a fork to help thicken the **stew**. Stir in the **spinach**, **tarragon** and remaining **parsley**. Cover with a lid and continue cooking until the **spinach** has wilted, 3-5 mins. Drain any excess liquid from the **portobello mushrooms** and thickly slice. Thickly slice the **ciabatta**. Serve the **stew** in bowls, topped with the sliced **mushrooms** and **parsley pesto**, with the **ciabatta slices** on the side. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Leek *	1	1½	2
Carrot *	1	1½	2
Garlic Clove *	2	3	4
Closed Cup Mushrooms *	1 small punnet	¾ large punnet	1 large punnet
Borlotti Beans	1 carton	1½ cartons	2 cartons
Rosemary *	¼ bunch	½ bunch	½ bunch
Fresh Bay Leaf *	1	1	1
Portobello Mushrooms *	4	6	8
Provencal Herbs	½ pot	¾ pot	1 pot
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Water*	500ml	750ml	1ltr
Ciabatta 11) 13)	1	1½	2
Hazelnuts 2)	1 bag	1½ bags	2 bags
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Tarragon *	1 bunch	1 bunch	1 bunch
Olive Oil*	3 tbsp.	4½ tbsp.	6 tbsp.
Spinach *	1 small bag	¾ large bag	1 large bag

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 614G	PER 100G
Energy (kcal)	448	73
(kJ)	1874	305
Fat (g)	22	4
Sat. Fat (g)	3	1
Carbohydrate (g)	42	7
Sugars (g)	13	2
Protein (g)	17	3
Salt (g)	1.32	0.22

Navigation for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 11) Soya 13) Gluten 14) Sulphites

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📺 #HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

Packed in the UK

🌱 HelloFRESH