



Creamy Mushroom Casserole

with Veggie Mash & Lemony Baby Broccoli

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Button Mushrooms



Onion



Baby Broccoli



Lemon



Garlic & Herb Seasoning



Cream



Dijon Mustard



Plant-Based Grated Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom Recipe is not calorie smart*

Savour the richness of this creamy casserole, where mushrooms are the star of the show! Carrot adds a new layer of flavour to your much-loved potato mash, and forms the perfect base to soak up this creamy, hearty delight.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	2	4
garlic	2 cloves	4 cloves
butter*	40g	80g
milk*	2 tbs	¼ cup
button mushrooms	1 packet	2 packets
onion	½ (large)	1 (large)
baby broccoli	1 bag	2 bags
lemon	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
dijon mustard	½ packet (12.5g)	1 packet (25g)
plant-based grated cheese**	1 packet (50g)	2 packets (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	427kJ (102Cal)
Protein (g)	11.5g	1.9g
Fat, total (g)	45.5g	7.4g
- saturated (g)	26.6g	4.3g
Carbohydrate (g)	45g	7.3g
- sugars (g)	21.6g	3.5g
Sodium (mg)	737mg	119mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2930kJ (700Cal)	456kJ (109Cal)
Protein (g)	11.7g	1.8g
Fat, total (g)	50.9g	7.9g
- saturated (g)	31.5g	4.9g
Carbohydrate (g)	50.4g	7.8g
- sugars (g)	21.8g	3.4g
Sodium (mg)	923mg	144mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW08

1



Make the veggie mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and **carrot** and cut into bite-sized chunks. Peel **garlic cloves**.
- Cook **potato**, **carrot** and **garlic** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the veggies and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

Custom Recipe: If you've added plant-based grated cheese, add to the veggie mash along with butter and milk.

4



Start the casserole

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** and **onion**, stirring, until tender, **6-7 minutes**.
- Add **garlic & herb seasoning** and cook, until fragrant, **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **button mushrooms** and **onion (see ingredients)**.
- Halve any thicker stalks of **baby broccoli** lengthways. Slice **lemon** into wedges.

5



Finish the casserole

- Add **cream (see ingredients)**, **dijon mustard (see ingredients)** and a splash of water. Simmer, until slightly reduced, **2-3 minutes**. Season to taste.

3



Cook the baby broccoli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** until tender, **5-6 minutes**.
- Transfer to a bowl, add a squeeze of **lemon juice** and season to taste. Cover to keep warm and set aside.

6



Serve up

- Divide veggie mash, creamy mushroom casserole and lemony baby broccoli between plates.
- Serve with any remaining lemon wedges. Enjoy!

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