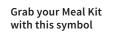
NEW















**Button Mushrooms** 





Baby Broccoli





Lemon

Garlic & Herb Seasoning



Cream



Dijon Mustard





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.

Olive Oil, Butter, Milk

**Pantry items** 

#### 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

3		
	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	1/4 cup
button mushrooms	1 packet	2 packets
onion	1/2 (large)	1 (large)
baby broccoli	1 bag	2 bags
lemon	1/2	1
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 pachet (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)	<b>456kJ</b> (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.



# 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.



## 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.



# Get prepped

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



# 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.



# 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.



## Serve up

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



Scan here if you have any questions or concerns

