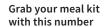


# Hearty Mushroom & Veggie Casserole with Garlic Rice & Parsley

KIWI FLAVOURS















Carrot

Button Mushrooms













Tomato Paste

Kiwi Spice Blend





Vegetable Stock Powder







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



**Calorie Smart** 

This hearty meal is proof that veggie-based meals don't need to sacrifice on big flavours! Mushrooms are cooked down in a rich and creamy tomato-based casserole that warms you up to your bones. Paired with fragrant and fluffy garlic rice, this dish is a sure-fire winner.

#### **Pantry items**

Olive Oil, Butter, Brown Sugar

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

#### You will need

Medium saucepan with a lid · Large frying pan

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	10g	20g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
button mushrooms	1 large packet	2 large packets
onion	1/2	1
parsley	1 packet	1 packet
tomato paste	1 packet	2 packets
Kiwi spice blend	1 sachet	2 sachets
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	1/4 cup	½ cup

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2222kJ (531Cal)	395kJ (94Cal)
Protein (g)	12.4g	2.2g
Fat, total (g)	34g	6g
- saturated (g)	18.5g	3.3g
Carbohydrate (g)	45.4g	8.1g
- sugars (g)	10.9g	1.9g
Sodium (mg)	1026mg	182mg
Dietary Fibre (g)	12g	2.1g

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 garlic rice

- · Finely chop garlic.
- In a medium saucepan, heat the **butter** with a dash of olive oil over medium heat. Cook half the garlic until fragrant, 1-2 minutes.
- Add the water (for the rice) and a generous pinch of **salt** to pan and bring to the boil.
- · Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

**TIP:** The rice will finish cooking in its own steam so don't peek!



# Get prepped

- Meanwhile, thinly slice carrot into half-moons.
- Thinly slice button mushrooms and onion (see ingredients). Finely chop parsley.



#### Cook the mushrooms

- In a large frying pan, heat a generous drizzle of olive oil over high heat.
- Cook mushrooms until browned, 7-8 minutes. Season with **salt** and **pepper**. Transfer to a bowl.



### Cook the veggies

· Return frying pan to high heat with a drizzle of olive oil. Cook carrot and onion, stirring, until tender, 4-5 minutes.



## Finish the casserole

- · Reduce heat to medium, add tomato paste, Kiwi spice blend and remaining garlic, and cook until fragrant, 1-2 minutes.
- · Return mushrooms to pan, then add cream (see ingredients), vegetable stock powder, parsley, the brown sugar and water (for the sauce) and cook until slightly thickened, 2-3 minutes. Season to taste.



### Serve up

- Divide garlic rice between bowls.
- Top with hearty mushroom and vegetable casserole to serve. Enjoy!







Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

