

# Creamy Mushrooms & Potato Mash

with Steamed Veggies & Herbs

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Onion



Portabello Mushrooms



Herb & Mushroom Seasoning



Baby Spinach Leaves



Herbs



Chilli Flakes (Optional)



Cream



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins  
Ready in: 30-40 mins



Mushrooms and mashed potatoes, is there any more we need to say here? It's a classic pairing of two wondrous flavours. They melt into each other as the creamy sauce spreads from the mushrooms to the steamed veggies. Simple and delicious.

### Pantry items

Olive Oil, Milk, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

|                           | 2 People         | 4 People         |
|---------------------------|------------------|------------------|
| <b>olive oil*</b>         | refer to method  | refer to method  |
| potato                    | 2                | 4                |
| <b>milk*</b>              | 2 tbs            | ¼ cup            |
| <b>butter*</b>            | 40g              | 80g              |
| broccoli                  | ½ head           | 1 head           |
| carrot                    | 1                | 2                |
| garlic                    | 3 cloves         | 6 cloves         |
| onion                     | 1 (medium)       | 1 (large)        |
| portabello mushrooms      | 1 packet         | 1 packet         |
| herb & mushroom seasoning | 1 sachet         | 2 sachets        |
| cream                     | ½ bottle (125ml) | 1 bottle (250ml) |
| <b>water*</b>             | ¼ cup            | ½ cup            |
| baby spinach leaves       | 1 small bag      | 1 medium bag     |
| herbs                     | 1 bag            | 1 bag            |
| chilli flakes (optional)  | pinch            | pinch            |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2444kJ (584Cal) | 343kJ (82Cal) |
| Protein (g)      | 15.2g           | 2.1g          |
| Fat, total (g)   | 35.2g           | 4.9g          |
| - saturated (g)  | 13.1g           | 1.8g          |
| Carbohydrate (g) | 49.9g           | 7g            |
| - sugars (g)     | 20g             | 2.8g          |
| Sodium (mg)      | 644mg           | 90mg          |

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](https://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 mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Add the **milk** and **butter** to the potato, then season generously with **salt**. Mash until smooth. Cover to keep warm.

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



## Steam the veggies

- Meanwhile, chop **broccoli** into florets (see ingredients). Thinly slice **carrot** into sticks.
- When potato has **7 minutes** remaining, place a colander or steamer basket on top of saucepan, then add **carrot** and **broccoli**. Cover with a lid and steam until tender, **6-7 minutes**.
- Transfer to a bowl. Season to taste and cover to keep warm.



## Get prepped

- While the veggies are steaming, finely chop **garlic**. Roughly chop **onion**. Thinly slice **portabello mushrooms**.



## Cook the mushrooms

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **mushrooms** until browned, **5-6 minutes**.
- Reduce heat to medium, then add **onion** and cook until tender, **4-5 minutes**. Season with **pepper**.

**TIP:** Add extra oil if necessary.



## Make it saucy

- Add **garlic** and **herb & mushroom seasoning**, and cook until fragrant, **1 minute**.
- Add **cream** (see ingredients) and the **water** and cook until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then stir through **baby spinach leaves**.



## Serve up

- Divide potato mash and steamed veggies between plates.
- Top with creamy mushrooms.
- Tear over **herbs** and garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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