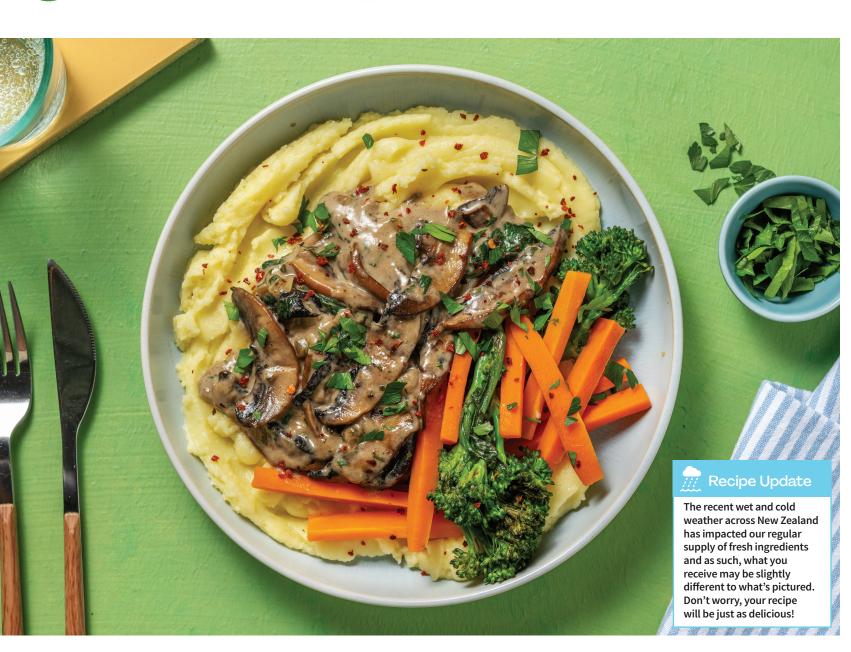
Creamy Mushrooms & Potato Mash with Steamed Veggies & Herbs

Grab your Meal Kit with this symbol





















Portabello Mushrooms

Baby Spinach Leaves

Chilli Flakes (Optional)





Herb & Mushroom Seasoning





Cream

Pantry items

Olive Oil, Milk, Butter

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.

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 |
|---------------------------------|---------------------|---------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| milk* | 2 tbs | ⅓ cup |
| butter* | 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) |
| water* | 1/4 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

| Per Serving | Per 100g |
|-----------------|--|
| 2444kJ (584Cal) | 343kJ (82Cal) |
| 15.2g | 2.1g |
| 35.2g | 4.9g |
| 13.1g | 1.8g |
| 49.9g | 7g |
| 20g | 2.8g |
| 644mg | 90mg |
| | 2444kJ (584Cal) 15.2g 35.2g 13.1g 49.9g 20g |

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 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!

