



Hearty Vegetable Stew

with cheesy crostini

Veggie 40-45 mins

7



Grated Cheddar



Carrot



Chopped Tomatoes



Mushrooms



Vegetable Stock



Baguette



Scallion



Potatoes



Paprika

Pantry Items: Salt, Pepper, Sugar, Oil, Flour, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Baking Sheet with Baking Paper

Ingredients

	2P	4P
Grated Cheddar	50 g	100 g
Carrot	1 unit	2 units
Chopped Tomatoes	1 pack	2 packs
Mushrooms	250 g	500 g
Vegetable Stock	1 sachet	2 sachets
Baguette	2 units	4 units
Scallion	1 unit	2 units
Potatoes	200 g	400 g
Paprika	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	671 g	100 g
Energy (kJ/kcal)	2652 kJ/ 633 kcal	387.9 kJ/ 92.7 kcal
Fat (g)	12.2 g	1.6 g
Sat. Fat (g)	6.5 g	0.8 g
Carbohydrate (g)	104 g	15.9 g
Sugars (g)	18.9 g	2.4 g
Protein (g)	28.4 g	3.7 g
Salt (g)	4.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Prep the Veg

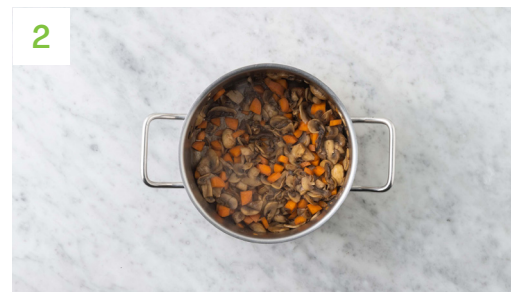
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Thinly slice the **mushrooms**.
- Trim and thinly slice the **scallion**.



Make the Crostini

- While the stew simmers, cut the **baguette** into 2cm slices. Lay the slices onto a lined baking tray.
- Toast until golden brown, 8-10 mins.
- Sprinkle the **grated cheddar** on top of the **bread** and return to the oven for 1-2 mins, until the **cheese** has melted.

TIP: Keep an eye on them so they don't burn!



Start the Stew

- Heat a drizzle of **oil** in a large pot on medium-high heat.
- Add the **mushrooms** and **carrots** to the pot and fry until softened, 5-7 mins.



Thicken the Stew

- In a small bowl, mix together 2 tbsp **flour** and 1 tbsp **water** (double both for 4p).
- Add to the simmering stew and cook for another 3-5 mins.
- Season to taste with **sugar**, **salt** and **pepper**.



Add the Potatoes

- Meanwhile, chop half the **potatoes** (double for 4p) into 2cm chunks (peeling optional).
- Add **paprika** and chopped **potatoes** to the pot and fry for 1 min.
- Stir in the **vegetable stock**, 250ml **water** (double for 4p) and **chopped tomatoes**.
- Simmer for 15-18 mins.

TIP: If you're in a hurry you can boil the water in your kettle.



Finish and Serve

- Divide the stew between bowls and serve with the **cheese** crostini on the side.
- Garnish with sliced **scallions**. Tuck into your warm and hearty meal!

Enjoy!