



# Hearty Vegetable Stew

with cheesy crostini

Veggie Calorie Smart 40-45 mins

10



Grated Cheese



Carrot



Mushrooms



Hello Muscat



Baguette



Scallion



Potatoes



Paprika



Chopped Tomato with  
Onion & Garlic

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

## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Grated Cheese	50 g	100 g
Carrot	1 unit	2 units
Mushrooms	125 g	250 g
Hello Muscat	1 sachet	2 sachets
Baguette	2 units	4 units
Scallion	2 units	4 units
Potatoes	1 unit	2 units
Paprika	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>624 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2799.1 kJ/ 669 kcal	448.6 kJ/ 107.2 kcal
Fat (g)	15.1 g	2.4 g
Sat. Fat (g)	7.2 g	1.2 g
Carbohydrate (g)	109.4 g	17.5 g
Sugars (g)	19.8 g	3.2 g
Protein (g)	26.4 g	4.2 g
Salt (g)	6.1 g	1 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?  
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## Get Prepped

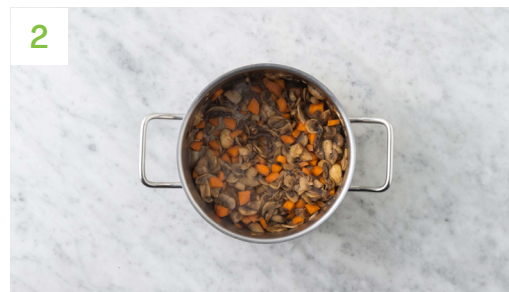
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Thinly slice the **mushrooms**.
- Trim and thinly slice the **scallion**.



## Make the Crostini

- While the stew simmers, cut the **baguettes** into 2cm slices.
- Pop onto a lined baking tray and toast until golden brown, 8-10 mins.
- Once golden, remove from the oven, sprinkle the **cheese** over tops of the slices and return to the oven until the **cheese** has melted, 1-2 mins.

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



## Fry the Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **mushrooms** and **carrot** until softened, 5-7 mins.



## Finishing Touches

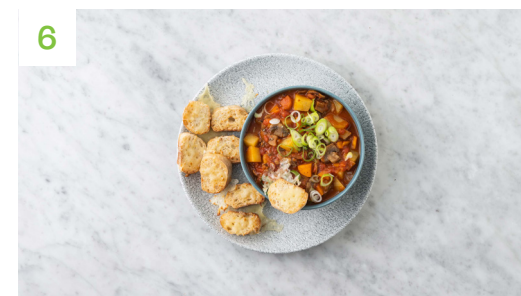
- In a small bowl, mix together 2 tbsp **flour** and 1 tbsp **water** (double both for 4p).
- Add to the simmering stew and cook for another 3-5 mins.
- Season to taste with **sugar**, **salt** and **pepper**.



## Simmer the Stew

- Meanwhile, chop the **potatoes** into 2cm chunks (peeling optional).
- Add **paprika** and chopped **potatoes** to the pot and fry for 1 min.
- Stir in the **muscat**, 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.



## Garnish and Serve

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

**Enjoy!**