





One-Pan Braised Vegetables

with Goat's Curd and Burghul

 20-30min  2 Portions

Full-flavoured vegetables cooked in a braise... nutty, satisfying burghul... creamy, tangy-tasting goat's curd... the fresh edge of mint. It's a combo that's straight out of the Mediterranean culinary playbook, where flavours are bold, seasonal ingredients are king, textures are hearty and there's a simplicity in the way things are cooked. Perfection!

What we send

- mushroom cups
- mint, rosemary, garlic
- beetroot
- red onion
- chat potatoes
- tomato paste
- carrots
- vegetable stock cube
- burghul wheat ¹
- goats curd ⁷

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- large deep frypan or saucepan with lid
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Any remaining chopped rosemary, the remaining tomato paste and remaining stock cube won't be used in this dish.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 575kcal, Fat 16.4g, Carbs 73.5g, Proteins 21.3g



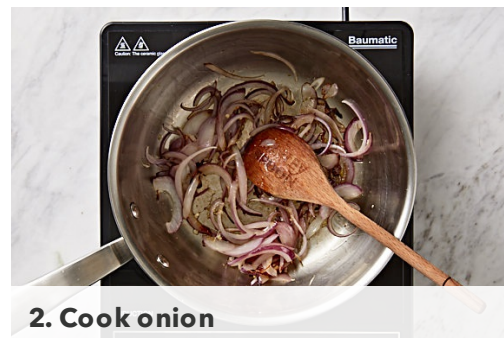
1. Prepare vegetables

Halve the **onion** and thinly slice. Crush or finely chop the **garlic**. Strip the **rosemary leaves** from the stem and finely chop, discarding the stems. Peel and cut the **carrot** into 1cm slices. Trim the **beetroot** and cut into 1cm wedges. Halve the **potatoes** and quarter any large ones.



4. Prepare burghul

While the vegetables cook, put the **burghul** in a heatproof bowl with a pinch of **salt** and add **150ml boiling water**. Cover the bowl with cling wrap and stand for 6-8 mins until the water is absorbed. Fluff with a fork.



2. Cook onion

Heat **2 tsp olive oil** in a large deep frypan over medium heat, add the **onion** and cook, stirring, for 5 mins or until softened. Add the **garlic** and cook, stirring, for 2 mins or until the onions are golden.



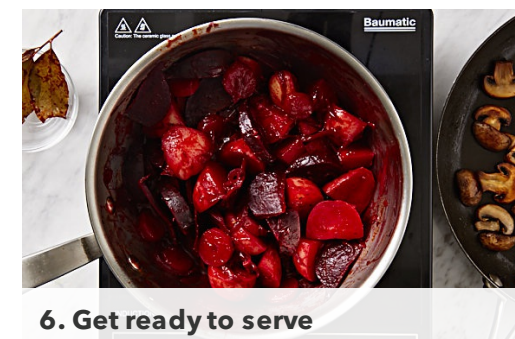
5. Cook mushrooms

Meanwhile, thinly slice the **mushrooms**. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Add the mushrooms and cook, tossing the pan, for 5 mins or until golden.



3. Make stock

Crumble **1 stock cube** into a heatproof jug, add **300ml boiling water** and stir to combine (see cooking tip). Add to the pan with the **carrot, beetroot, potato, half the tomato paste** and **½ tsp chopped rosemary** (see cooking tip) and stir to combine. Bring to a simmer then reduce heat to low. Cover and cook for 15 mins or until the vegetables are tender.



6. Get ready to serve

Coarsely chop or tear the **mint leaves**, discarding the stems. Add the **mushrooms** to the vegetables and stir gently to combine. Season with **salt and pepper**. Divide the **burghul, braised vegetables** and **goat's curd** among bowls, scatter with chopped mint and serve.