



Goat's Cheese, Balsamic Onion & Mushroom Wellingtons

with Honey Roast Carrots, Broccoli and Wild Mushroom Sauce

N° 13

PREMIUM 45 Minutes • 3.5 of your 5 a day • Veggie



Red Onion



Portobello Mushrooms



Garlic Clove



Thyme



Balsamic Vinegar



Goat's Cheese



Chantenay Carrot



Puff Pastry Sheet



Honey



Wild Mushroom Sauce



Tenderstem Broccoli®

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Saucepan, Frying Pan, Two Large Baking Trays and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	2	3	4
Portobello Mushrooms**	1 punnet	1½ punnets	2 punnets
Garlic Clove**	1	2	2
Thyme	½ bunch	¾ bunch	1 bunch
Balsamic Vinegar (14)	1 sachet	1½ sachets	2 sachets
Goat's Cheese (7)**	1 block	1½ blocks	2 blocks
Chantenay Carrot**	1 pack	1½ packs	2 packs
Puff Pastry Sheet (13)**	1 sheet	1½ sheets	2 sheets
Honey	1 sachet	1½ sachets	2 sachets
Wild Mushroom Sauce	1 pot	1½ pots	2 pots
Water for the Sauce*	150ml	225ml	300ml
Tenderstem Broccoli***	1 small pack	1 large pack	2 small packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	710g	100g
Energy (kJ/kcal)	4111/983	579/138
Fat (g)	54	8
Sat. Fat (g)	28	4
Carbohydrate (g)	100	14
Sugars (g)	32	5
Protein (g)	25	4
Salt (g)	2.85	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Started

Preheat your oven to 200°C. Halve, peel and thinly slice the **onions**. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks). Heat a drizzle of **oil** in a saucepan over medium heat, add the **onion** and season with **salt**. Cook, stirring regularly until soft, 10-12 mins. Meanwhile, drizzle **oil** in a frying pan over high heat and add the **mushrooms**. Cook, stirring, until golden, 6-8 mins.



4. Bake!

Use a sharp knife to gently score 3 diagonal lines on the top of the **pastry lid**. Carefully transfer the **pastry parcels** to a large baking tray (or two) and pop onto the middle shelf of your oven to bake until the pastry is golden, 30-35 mins. Pop the **carrots** onto a roasting tray with a drizzle of **oil**, **honey**, the remaining **thyme** and a pinch of **salt** and **pepper**. Mix well until evenly coated and pop into the oven underneath the **wellingtons** to roast until tender, 30 mins.



2. Finish the Fillings

Add the **garlic** and **half** the **thyme** to the **mushrooms**, season with **salt** and **pepper** and cook until fragrant, 1-2 mins, then remove from the heat. **TIP:** Add a splash of oil to the pan if it's needed. Once the **onions** are really soft, add the **balsamic vinegar** and cook for a further minute until evaporated then remove from the heat. Break the **goat's cheese** into chunks. Trim and halve the **Chantenay carrots** lengthways.



5. Make the Sauce

Put the saucepan used for the onions over medium heat, add the **wild mushroom sauce paste** and stir in the **water** (see ingredients for amount), bring to a boil then lower the heat and simmer until glossy, 3-4 mins. Once glossy, remove from the heat. About 15 minutes before the **carrots** are done, pop the **broccoli** on the roasting tray next to them with a drizzle of **oil** and season with **salt** and **pepper**. Return to the oven for the remaining 12-15 mins of the cooking time.



3. Assemble!

Cut the **puff pastry sheet(s)** in half widthways to make rectangles - you want half a sheet of **pastry** per person. Divide the **balsamic onion** onto the bottom half of each pastry rectangle. Top this with the **mushrooms** then add the crumbled **goats cheese**. Fold the **top half** of the **pastry** over the **filling** to enclose, gently press down the edges of the **pastry** with the back of a fork to seal the **parcel** on all 3 sides.



6. Serve Up!

Reheat the **sauce** with a splash of **water** if you need to. Divide the **wellingtons** between plates and serve the **carrots** and **broccoli** next to them with the **sauce** drizzled over it.

Enjoy!