

Portabello Mushroom Stew with Butternut Mash

40 minutes

Recipe donated by Shiela Peacock



Ingredients

4 Portabello mushrooms	2 cups water
1 small butternut squash	1 jar seasoning (4 tbsp tomato paste, 2 tbsp soy sauce, 2 tbsp flour)
1 small onion	
1 carrot	1/2 cup (50 grams) walnuts
1 stalk celery	1 lemon
1 large or 2 small cloves of garlic	Fresh thyme
2 veg bouillion cubes	Parsley (30 grams)



Instructions

1. Peel and chop butternut squash into cubes. Put in a medium saucepan, cover with cold water and bring to a boil. Reduce to simmer until squash is tender (20 minutes).
2. Meanwhile, add vegetable bouillon cubes to 2 cups of hot water to make stock and set aside.
3. Finely dice carrot, onion and celery. Slice Portabello into 1/2" slices. Grate garlic.
4. Add a couple of glugs of olive oil, or 2 tbsp of butter to a large frying pan. Heat over medium and add the carrot, onion and celery. Cook for 2-3 minutes then add grated garlic and Portabello mushrooms. Cook for 4-5 minutes until softened then add jar of seasoning. Stir to coat then add 2 cups of stock, bring to a boil, reduce to simmer for 4-5 minutes.
5. Drain squash and add olive oil or butter, salt and pepper. Mash until smooth.
6. Finely chop parsley, walnuts and mix in a small bowl with zest of lemon and 2 tbsp of lemon juice. Season with salt and pepper.
7. Portion mash onto 4 plates. Top with Portabello stew and parsley walnut blend.