



CREAMY VEGAN MUSHROOM STEW

with Couscous, Kale & Rosemary

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Cremini
Mushrooms



1 | 2
Onion



2 Cloves | 4 Cloves
Garlic



¼ oz | ½ oz
Rosemary



4 oz | 8 oz
Kale



1 TBSP | 2 TBSP
Flour
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



1 | 2
Miso Sauce
Concentrate
Contains: Soy



1 | 2
Coconut Milk
Contains: Tree Nuts



2 tsp | 2 tsp
Dijon Mustard



5 tsp | 5 tsp
Balsamic Vinegar



1 tsp | 1 tsp
Korean Chili
Flakes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



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HELLO

GO (COCO)NUTS

Coconut milk adds just the right amount of creaminess to this hearty stew, balancing the mushrooms' earthy flavor.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 520



FLOUR POWER

Dredging the mushrooms in a light dusting of flour helps them brown while simultaneously thickening the stew.

BUST OUT

- Medium bowl
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (2 tsp | 4 tsp)

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1 PREP

- Wash and dry produce.
- Thinly slice **mushrooms**. (Skip this step if your mushrooms are pre-sliced!) Halve, peel, and dice **onion** into ¼-inch pieces. Peel and mince or grate **garlic**. Strip **rosemary leaves** from stems; finely chop leaves until you have 1 TBSP (2 TBSP for 4 servings). Remove and discard any large stems from **kale**; chop into bite-size pieces.



4 SIMMER STEW

- Stir **stock concentrates, miso sauce concentrate, coconut milk, mustard, half the vinegar (all for 4 servings), 1 cup water (2 cups for 4), and a pinch of chili flakes** into pot with **mushroom mixture**.
- Bring to a boil, then reduce heat to medium low. Simmer, stirring occasionally, until slightly thickened, 6-8 minutes. Taste and season with **salt** and **pepper** if desired.



2 COOK MUSHROOMS

- In a medium bowl, toss **mushrooms** with **flour** until fully coated.
- Heat a **large drizzle of oil** in a large pot over medium-high heat. Add coated mushrooms and cook, undisturbed, until lightly browned on one side, 1-2 minutes.



5 ADD COUSCOUS & KALE

- Stir **couscous** into same pot. Cover and cook until couscous is almost tender, 5-6 minutes.
- Uncover and stir in **kale**. Cook, stirring occasionally, until kale is wilted and couscous is tender, 2-3 minutes more.



3 ADD VEGGIES

- Add **onion** to pot with **mushrooms**; cook, stirring occasionally, until slightly softened, 3-4 minutes.
- Stir in **garlic** and **chopped rosemary**; cook, stirring, until fragrant, 30 seconds. Season with **salt** and **pepper**.



6 SERVE

- Divide **stew** between bowls. Top each bowl with a **drizzle of olive oil, pepper,** and as many **remaining chili flakes** as you like. Serve.