

# **INGREDIENTS**

2 PERSON | 4 PERSON



Cremini Mushrooms



¼ oz | ½ oz Rosemary



**2 | 4** Veggie Stock Concentrates



2 tsp | 2 tsp Dijon Mustard



2.5 oz | 5 oz Israeli Couscous **Contains: Wheat** 



Onion



2 Cloves | 4 Cloves Garlic





1 TBSP | 2 TBSP Flour Contains: Wheat



Coconut Milk **Contains: Tree Nuts** 



Miso Sauce

Concentrate Contains: Soy

5 tsp | 5 tsp Balsamic Vinegar



1tsp 1tsp Korean Chili Flakes



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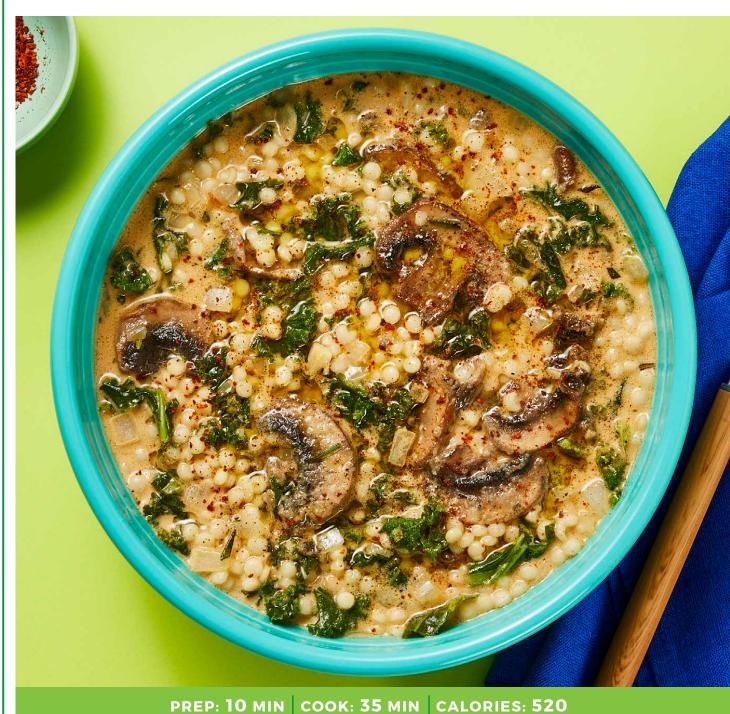
# **HELLO**

# GO (COCO)NUTS

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

# **CREAMY VEGAN MUSHROOM STEW**

with Couscous, Kale & Rosemary





#### **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.



## **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.



## **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.



## **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.



#### **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.



#### 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.