



# UCOOK

## Vegan Veggie-Loaded Bourguignon

**with red wine & cauli and carrot mash**

A classic bourguignon is a French stew packed with red wine, tomato, and thyme - just like ours! One of the only differences is that instead of beef, our version is packed with tender mushrooms and creamy butter beans, a delicious trade off! All of this deliciousness is soaked up by a quick and easy homemade cauli and carrot mash.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Sarah Hewitt

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 Veggie

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 Boschendal | Stellenbosch Cabernet  
Sauvignon

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## Ingredients & Prep

100g	Leeks <i>trimmed at the base &amp; halved lengthways</i>
125g	Button Mushrooms <i>cut into quarters</i>
120g	Carrot <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
10ml	NOMU Provençal Rub
5ml	Dried Thyme
20ml	Cake Flour
50ml	Red Wine
10ml	Low Sodium Soy Sauce
100ml	Tomato Passata
120g	Butter Beans <i>drained &amp; rinsed</i>
100g	Cauliflower Florets <i>cut into bite-sized pieces</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender (optional)  
Milk or Milk Alternative (optional)  
Butter or Butter Alternative (optional)

**1. BOURGIGNON BASE CAMP** Boil the kettle. Rinse the halved leeks thoroughly and roughly chop. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the chopped leeks, the quartered mushrooms, and ½ the carrot chunks and fry for 5-6 minutes until soft, shifting occasionally. In the final 1-2 minutes, add the rub, the dried thyme, and the flour. Add the red wine, the soy sauce (to taste), the tomato passata, 100ml of warm water, and the drained butter beans. Simmer for 8-10 minutes until slightly thickened, stirring occasionally. Season to taste.

**2. CAULI ME MAYBE** While the bourguignon is simmering, place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the cauliflower pieces and the remaining carrot chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, drain and return to the pot. Stir in a knob of butter or butter alternative (optional), and a splash of milk or milk alternative (optional) or water. Mash with a potato masher or use a blender to blend until the desired consistency. Season to taste.

**3. NOT A BOURGIGNON DINNER!** Plate up a heaping helping of the cauli and carrot mash and top with the rich veggie bourguignon. Sprinkle over the chopped parsley. Well done, Chef!



## Chef's Tip

For this recipe, you can peel your carrots when prepping them if you don't like the skin — and you have the extra time and energy!

## Nutritional Information

Per 100g

Energy	240kJ
Energy	57Kcal
Protein	2.6g
Carbs	10g
of which sugars	2.7g
Fibre	2.7g
Fat	0.3g
of which saturated	0g
Sodium	194mg

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Soy

Cook  
within 2  
Days