



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.


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Sarah Hewitt

 Veggie

 Boschendal | Stellenbosch Cabernet
Sauvignon

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Ingredients & Prep

400g	Leeks <i>trimmed at the base & halved lengthways</i>
500g	Button Mushrooms <i>cut into quarters</i>
480g	Carrot <i>rinsed, trimmed & cut into bite-sized chunks</i>
40ml	NOMU Provençal Rub
20ml	Dried Thyme
80ml	Cake Flour
200ml	Red Wine
40ml	Low Sodium Soy Sauce
400ml	Tomato Passata
480g	Butter Beans <i>drained & rinsed</i>
400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
15g	Fresh Parsley <i>rinsed, picked & 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 6-8 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, 400ml of warm water, and the drained butter beans. Simmer for 15-20 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 20-25 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