

# MARLEY SPOON



## Shredded Beef Bourguignon with Mushrooms

& Mashed Potatoes



30-40min



2 Servings

We simmer shredded beef and mushrooms with aromatics, tomato paste, tamari, and fresh rosemary. The vibrant mix of veggies, herbs becomes a hearty, silky stew that's perfect for serving over creamy mashed potatoes. The only thing missing from this bistro-style meal is a robust glass of burgundy wine. Bon appétit!

## What we send

- 2 potatoes
- ¼ oz fresh rosemary
- ½ lb mushrooms
- 1 yellow onion
- 1 carrot
- 6 oz tomato paste
- ½ lb pkg ready to heat shredded beef <sup>3,1</sup>
- ½ oz tamari soy sauce <sup>3</sup>
- ¼ oz fresh parsley
- garlic

## What you need

- kosher salt & ground pepper
- olive oil
- all-purpose flour <sup>1</sup>
- butter <sup>2</sup>
- ⅓ c milk <sup>2</sup>
- red wine vinegar

## Tools

- medium saucepan
- medium Dutch oven or pot
- potato masher or fork

## Allergens

Wheat (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 31g, Carbs 85g, Protein 28g



### 1. Cook potatoes

Peel **potatoes**, then cut into 1-inch pieces. Place potatoes in a medium saucepan along with **1 large peeled garlic clove**, **1 rosemary sprig**, and enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until potatoes are easily pierced with a fork, about 12 minutes. Drain, discard rosemary sprig, and return potatoes to saucepan. Cover to keep warm off heat.



### 4. Finish bourguignon

To pot with **vegetables**, stir in **shredded beef**, **tamari**, **1 teaspoon vinegar**, and **1 cup water**. Bring to a simmer over medium heat. Reduce heat to medium-low, cover, and cook until vegetables are tender and sauce resembles a thick stew, 10-15 minutes. Season to taste with **salt** and **pepper**.



### 2. Sauté mushrooms & carrots

Halve **mushrooms** (quarter, if large). Finely chop **onion**. Scrub **carrot**, then cut crosswise into 1½-inch pieces (halve or quarter lengthwise, if large). In a medium Dutch oven or pot, heat **1 tablespoon oil** over medium-high. Add mushrooms and cook, stirring occasionally, until browned and any liquid is evaporated, about 10 minutes.



### 5. Mash potatoes

Return saucepan with **potatoes** to medium heat. Add **2 tablespoons butter** and **⅓ cup milk**; use a potato masher or fork to mash until smooth. Season to taste with **salt** and **pepper**. (Add more milk as needed to reach desired creaminess.)



### 3. Add aromatics & flour

Meanwhile, finely chop **1½ teaspoons rosemary leaves** and **1 teaspoon garlic**. To pot with **mushrooms**, add **onions**, **carrots**, and **1 tablespoon oil**. Cook, stirring, until vegetables are softened, about 5 minutes. Stir in **chopped garlic and rosemary** and **1 tablespoon each of tomato paste and flour**; cook until fragrant and tomato paste is slightly darkened, about 1 minute.



### 6. Finish & serve

Finely chop **parsley leaves and stems**. Serve **mashed potatoes** with **bourguignon** spooned over top and garnish with **parsley**. Enjoy!