

COOK FRESH.

# Beef Bourguignon-style with Mashed Potato

⌚ 30 Mins  
Kcal 393 | P 16 g | C 74 g | F 15g

Family Friendly

Savor the flavors of Beef Bourguignon, Carrots, savory Mushrooms, and creamy Mashed Potatoes.


















# Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

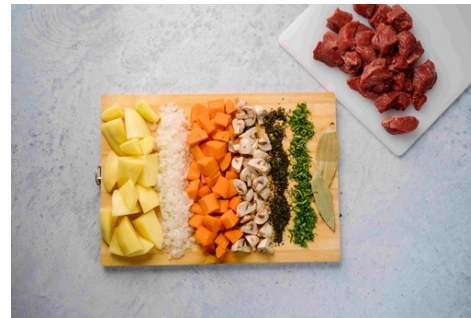
# What you'll need

Cooking oil, salt, black pepper, chopping board, knife, cooking pots, peeler, strainer, and wooden spoon.

# Ingredients (2 persons)

-  Potato 400GR
-  White Onion 200GR
-  Carrot 140GR
-  Button Mushroom 125GR
-  Thyme 2GR
-  Fresh Parsley 5GR
-  Bay Leaves 1GR
-  Beef Tenderloin Cubes 320GR
-  Home Made Tomato Sauce 100GR
-  Home Made Vegetable Stock 500ML
-  Cranberry Juice 80ML
-  Cooking Cream 50ML
-  Butter 20GR

## Method



### Prep the Ingredients

Start by boiling a pot of **water** with 1/2 teaspoon of **salt**, then add the **cubed potatoes** and **carrots**, cook until tender, about 12-15 minutes. While the cooking, finely chop the **onion** and **parsley**, quarter the **mushrooms**, and strip the leaves from the **thyme stems** for flavor.



### Make the Sauce

Pour **tomato sauce**, season with **salt** and **black pepper**, then **cranberry juice** and the **bay leaf**, cook until the **juice** is nearly absorbed. Low the heat and pour **water** with the **vegetable cube**, stir in **parsley** and **thyme**, and simmer for 12-16 minutes or until the **vegetables** are soft and the **sauce** thickens.



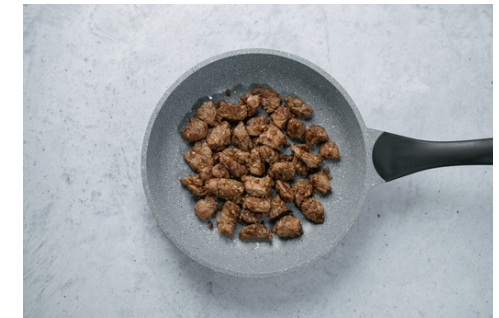
### Cook the Potatoes

After draining the **potatoes**, mash them until they achieve a smooth consistency, utilizing a fork or potato ricer for best results.



### Final Touches

Prepare the **mashed potatoes** in another pan by heating the **cooked potatoes** with **butter** and **cooking cream**, season with **salt** and **black pepper**.



### Cook the Beef

Heat a drizzle of **olive oil** in a large pan over medium heat, then add the **beef tenderloin** pieces, browning them for 3-5 minutes before incorporating the **onion**, **carrot**, and **mushrooms** for an additional 2-3 minutes of cooking.



### Serve and Enjoy!

Spread a layer of **mashed potatoes** onto each plate, place the **beef bourguignon** on top, remove the **bay leaf** before serving.

Allergens Dairy Gluten