



In your box

2 Puff Pastry Dough Squares
16 oz. Carrot
1 Shallot
6 oz. Cremini Mushrooms
10 oz. Ground Beef
1 tsp. Cornstarch
2 tsp. Beef Demi-Glace



Minced Beef Wellington

with mushroom sauce and carrots

NUTRITION per serving—Calories: 765, Carbohydrates: 47g, Fat: 49g, Protein: 34g, Sodium: 1649mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
6 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Refrigerate **puff pastry** until ready to use



1

Bake the Puff Pastry

- Remove any paper between sheets of **puff pastry squares**.
- Place puff pastry squares on prepared baking sheet and bake in hot oven until puffed and golden brown, 7-9 minutes.
- Carefully, remove puff pastry squares from baking sheet and let cool. When cool enough to handle, carefully cut a circle out of pastry's top, leaving bottom whole. *Circle doesn't have to be perfect.*
- Replace foil on baking sheet, spray again with **cooking spray**, and reserve.
- While pastry bakes, prepare ingredients.



2

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Peel and mince **shallot**.
- Cut **mushrooms** into thin slices.



3

Roast the Carrot

- Place **carrot** on reserved baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into carrots.
- Spread into a single layer and roast in hot oven until tender, 15-18 minutes.
- While carrots roast, prepare burgers.



4

Make the Burgers

- In a mixing bowl, combine **ground beef**, **shallot**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Form into two equal-size patties, about 4" in diameter.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **patties** to hot pan. Cook until patties reach a minimum internal temperature of 160 degrees, 4-6 minutes per side.
- Remove from burner. Remove burgers to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



5

Make the Mushroom Sauce

- Combine ½ cup **water**, **cornstarch**, and **demi-glace**.
- Return pan used to cook burgers to medium-high heat and add 1 tsp. **olive oil**. Add **mushrooms** to hot pan and stir occasionally until tender, 2-3 minutes
- Add **cornstarch mixture**, ¼ tsp. **salt**, and a pinch of **pepper** to pan and bring to boil. Cook until thick enough to coat the back of a spoon, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **burger** in **puff pastry** and pouring **mushrooms sauce** on top. Bon appétit!