

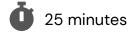


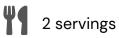


Stuffed BBQ Mushrooms

with Grilled Veg Salad

Field mushrooms flavoured with balsamic vinegar, BBQ'd and stuffed with creamy capsicum dip and seed mix, served with Mediterranean-style grilled veggie salad.







Pasta salad!

Turn this dish into a pasta salad! Cook short pasta, and reserve 1/2-1 cup of cooking liquid. BBQ veggies. Toss cooked pasta with creamy dip, reserved cooking liquid and grilled veggies. Serve with fresh rocket and seeds.

TOTAL FAT CARBOHYDRATES PROTEIN

20g

56g

30g

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
FIELD MUSHROOMS	300g
ТОМАТО	1
ROCKET LEAVES	1 bag (60g)
CREAMY CAPSICUM DIP	1 tub
SEED MIX	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried Italian herbs

KEY UTENSILS

BBQ

NOTES

If your BBQ has run out of gas, do not despair! Roast veggies in the oven at 220°C for 15-20 minutes until they are tender.



1. PREPARE THE VEGGIES

Slice zucchini lengthways. Slice capsicum. Coat in oil, 2 tsp Italian herbs, salt and pepper.

Remove stalks from field mushrooms. Coat in oil, 1 tbsp balsamic vinegar, salt and pepper.



2. BBQ THE VEGGIES

Heat a BBQ (see notes) over medium-high heat. Add prepared veggies. Cook, turning occasionally, for 5-7 minutes until veggies are tender.



3. PREPARE THE DRESSING

Add 2 tbsp olive oil, 1 1/2 tbsp balsamic vinegar, salt and pepper to a large bowl. Whisk to combine. Dice tomato and toss in dressing to marinate.



4. TOSS THE SALAD

Roughly chop zucchini. Add to dressing bowl along with capsicum and rocket leaves. Toss to combine.



5. STUFF THE MUSHROOMS

Add capsicum dip to a bowl along with 2 tbsp water. Stir to loosen. Roughly chop seed mix.

Dollop capsicum dip into the BBQ'd mushrooms. Top with seed mix.



6. FINISH AND SERVE

Divide salad and stuffed mushrooms among plates.

