

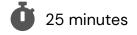


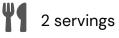


Pulled Mushrooms

on BBQ'd Sweet Potatoes

Smokey pulled mushrooms, served on slices of BBQ'd sweet potato with herby lime chimichurri and coleslaw.







Switch it up!

Switch it up to make stuffed sweet potatoes! Halve potatoes and roast, cut side down, until tender, then stuff with pulled mushrooms.

TOTAL FAT CARBOHYDRATES

19g

30g

73g

FROM YOUR BOX

| KING OYSTER MUSHROOMS | 400g |
|-----------------------|--------------|
| BROWN ONION | 1 |
| SWEET POTATO | 400g |
| LIME | 1 |
| CHIVES | 1 bunch |
| RED CHILLI | 1 |
| COLESLAW | 1 bag (250g) |
| NATURAL YOGHURT | 1 tub |
| | |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin, vinegar of choice

KEY UTENSILS

large frypan, BBQ

NOTES

BBQ mushrooms whole if preferred.

Cook sweet potatoes with the hood down on the BBQ, alternatively roast in the oven for 15-20 minutes until tender.

Remove seeds from chilli for a milder chimichurri.



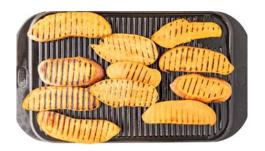
1. PREPARE THE MUSHROOMS

Cut caps from mushrooms and slice. Use a fork to shred the mushrooms by pushing fork into stems and dragging down. Repeat, rotating the mushroom until it is all shredded, then the rest apart with your fingers. Slice onion.



2. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with oil. Add sliced onion along with 1 tbsp smoked paprika and 1 tbsp ground cumin. Cook for 1 minute before adding mushrooms and 1/2 cup of water. Cook for 5-10 minutes.



3. BBQ THE SWEET POTATOES

Cut sweet potatoes lengthways in 1cm pieces. Heat BBQ (see notes) over high heat. Coat sweet potatoes in oil. Add to BBQ and cook for 5-6 minutes each side until grill marks appear and potatoes are tender.



4. MAKE THE CHIMICHURRI

Zest lime and juice half (wedge remaining). Slice chives and chilli (see notes). Add to a bowl along with **3 tbsp olive oil, salt and pepper.** Stir to combine.



5. TOSS THE COLESLAW

Add coleslaw to a large bowl along with yoghurt, **1 tbsp vinegar**, salt and pepper. Toss to combine.



6. FINISH AND SERVE

Serve pulled mushrooms on BBQ'ed sweet potatoes. Drizzle over chimichurri and serve with coleslaw.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **O481 072 599** or send an email to **hello@dinnertwist.com.au**



