



Product Spotlight: Field Mushrooms

Mushrooms are full of protein, minerals and vitamins. They are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



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.



25 minutes



4 servings



Vegetarian

6 January 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	37g	23g

FROM YOUR BOX

ZUCCHINI	2
YELLOW CAPSICUM	1
FIELD MUSHROOMS	600g
CHERRY TOMATOES	200g
ROCKET LEAVES	1 bag (120g)
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 zucchinis lengthways. Slice capsicum. Coat in **oil, 1 tbsp Italian herbs, salt and pepper**.

Remove stalks from field mushrooms. Coat in **oil, 2 tbsp balsamic vinegar, salt and pepper**.



4. TOSS THE SALAD

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



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.



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.



3. PREPARE THE DRESSING

Add **3 tbsp olive oil, 2 tbsp balsamic vinegar, salt and pepper** to a large bowl. Whisk to combine. Quarter cherry tomatoes and toss in dressing to marinate.



6. FINISH AND SERVE

Divide salad and stuffed mushrooms among plates.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

