



### Product Spotlight: King Oyster Mushrooms

Oyster mushrooms have a very subtle flavour and are wonderfully luscious when cooked. They are also rich in protein.



## 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.*



25 minutes



4 servings



Vegetarian

13 January 2023

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 17g     | 15g       | 56g           |

## FROM YOUR BOX

|                       |              |
|-----------------------|--------------|
| KING OYSTER MUSHROOMS | 400g         |
| BROWN ONION           | 1            |
| SWEET POTATOES        | 800g         |
| LIME                  | 1            |
| CHIVES                | 1 bunch      |
| RED CHILLI            | 1            |
| LEBANESE CUCUMBER     | 1            |
| COLESLAW              | 1 bag (450g) |
| RICOTTA               | 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 pull remaining apart with 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

Dice cucumber. Add to a large bowl along with coleslaw, ricotta, **1/4 cup vinegar, salt and pepper**. Toss to combine.



### 6. FINISH AND SERVE

Serve pulled mushrooms on BBQ'd 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

