



Product Spotlight:
Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Thyme Mushrooms

with Root Veg Puree and Poached Eggs

Button mushrooms cooked with thyme, served over an unctuous cauliflower and celeriac puree with poached free-range eggs and toasted seed mix.



30 minutes



4 servings



Vegetarian

28 July 2023

Egg Timer!

Poaching eggs for 3 minutes will give you soft, running yolks. Cook longer, depending on your preference. You can boil or pan-fry the eggs if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	29g	24g

FROM YOUR BOX

CAULIFLOWER	1
CELERIAC	1
THYME	1 packet
PEPITA AND SUNFLOWER SEED MIX	1 packet
BUTTON MUSHROOMS	300g
FREE-RANGE EGGS	6-pack
LEMON	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

frypan, 2 saucepans, stick mixer

NOTES

Cover the vegetables with hot water from a kettle to speed up the cooking time.

Add a crushed garlic clove for extra flavour.

Use a potato masher to mash the celeriac and potatoes if you don't have a stick mixer. You could also use a food processor.

Substitute olive oil for butter or cream for a creamier puree. Add cheese, such as parmesan or cheddar, if desired.



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1. COOK THE CAULIFLOWER

Bring a small saucepan of water to a boil.

Roughly chop cauliflower and celeriac. Add to a large saucepan and cover with water (see notes). Cover pan and bring to a boil for 10-15 minutes until vegetables are tender. See step 5.



4. POACH THE EGGS

Reduce heat of boiling water to a rapid simmer. Crack eggs into saucepan and poach for 3-6 minutes. Use a slotted spoon to remove (see cover for notes).



2. TOAST THE SEED MIX

Heat a frypan over medium-high heat with **1 tbsp oil**. Add 1/2 thyme leaves to pan along with seed mix. Cook for 2-3 minutes until seeds are golden and toasted. Remove to a bowl (reserve pan for step 3) and season with **salt and pepper**.



5. PUREE THE CAULIFLOWER

Zest lemon. Reserve **1/2 cup cooking liquid**. Drain cauliflower and celeriac and return to the pan. Add **cooking liquid**, lemon zest and **2 tbsp olive oil**. Use a stick mixer (see notes) to puree the vegetables. Season to taste with **salt and pepper**.



3. COOK THE MUSHROOMS

Add extra **oil** to reserved pan. Slice mushrooms. Add to pan as you go along with remaining thyme leaves (see notes). Cook for 5-7 minutes until mushrooms are browned. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Wedge lemon.

Divide puree among plates. Top with mushrooms and poached eggs. Serve with watercress and lemon wedges. Sprinkle over seed mix.

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