



### Product Spotlight: Mushrooms

It is best to store mushrooms in the paper bags they are packed in as it allows them to breathe. Air-tight containers will cause condensation, and this will spoil them.



## Mushroom Stroganoff with Pasta

A creamy cashew sauce based pasta with mushrooms sautéed with thyme and sun-dried tomatoes for a boost of flavour.



25 minutes



4 servings



Plant-Based

4 August 2023

## Change the sauce!

*You can blend the sun-dried tomatoes with the cashew mix to make a creamy tomato sauce instead!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	12g	101g

## FROM YOUR BOX

CASHEW/NUTRITIONAL YEAST MIX	1 packet
GRAIN PASTA	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	300g
BABY KING OYSTER MUSHROOMS	300g
THYME	1 packet
SUN-DRIED TOMATOES	1 tub
BABY SPINACH	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce or tamari, white wine vinegar

## KEY UTENSILS

large frypan, saucepan, stick mixer or blender

## NOTES

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



### 1. SOAK THE CASHEWS

Soak cashew/nutritional yeast mix with **1 tbsp vinegar** and **1 1/2 cups warm water**. Set aside.



### 2. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to cook according to packet instructions until al dente. Reserve **1 cup cooking water** before draining. Set aside.



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Dice onion and thickly slice mushrooms. Add to pan along with 1 tbsp thyme leaves (see notes). Cook for 6-8 minutes until golden. Slice and stir through sun-dried tomatoes. Reduce heat to low.



### 4. BLEND THE SAUCE

Blend soaked cashew/nutritional yeast mix with soaking liquid using a stick mixer until smooth. Season with **salt**.



### 5. TOSS THE PASTA

Toss cooked pasta into pan along with blended sauce, reserved cooking water and **1 tbsp soy sauce** until well coated. Stir through spinach until wilted. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Garnish pasta with extra thyme leaves. Serve at the table.



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