DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Parsley

A sprig of parsley can provide much more than a garnish! Parsley is an excellent source of vitamin K, essential for healthy bones and blood clotting.

Garlic Mushroom Steaks

with Tomato Chimichurri

Field mushroom steaks roasted in a garlic and balsamic marinade served on top of soft polenta and finished with a fresh tomato and parsley chimichurri.

Flavour the polenta!

Cook the polenta in some liquid stock instead of water for a fuller flavour. You could also stir through some plant-based cheese at the end!

⏱ 25 minutes 🍴 2 servings 🌱 Plant-Based

24 March 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	25g	66g

FROM YOUR BOX

GARLIC CLOVE	1
BROCCOLINI	1 bunch
FIELD MUSHROOMS	300g
CHERRY TOMATOES	1 packet (200g)
PARSLEY	1 packet
INSTANT POLENTA	125g
HEMP SALAD SPRINKLE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, dried oregano, chilli flakes (optional)

KEY UTENSILS

oven tray, saucepan

NOTES

Rub excess marinade on the tray onto the bottoms of the mushrooms for even flavour.

You can add a crushed garlic clove to the polenta for extra flavour if you have some!

Hemp salad sprinkle ingredients: organic sunflower seeds, hemp hearts, hemp seed crumble, fried shallots, nutritional yeast, garlic powder, native pepper berry, rosemary, thyme, pink Himalayan salt

1. PREPARE THE MARINADE

Set oven to 220°C.

Combine 1 crushed garlic clove in a bowl with **2 tbsp olive oil, 2 tbsp balsamic vinegar**, **1 tsp dried oregano** and **1/2 tsp chilli flakes** (optional). Season well with **salt and pepper**.

2. ROAST THE VEGETABLES

Trim broccolini. Place on a lined oven tray with mushrooms. Spoon **2 tbsp marinade** onto vegetables and use hands to coat. Roast in oven for 15 minutes (see notes).

3. MAKE THE CHIMMICHURRI

Bring a saucepan with **700ml water** to a boil (for polenta).

Quarter tomatoes and finely chop parsley. Toss into bowl with remaining marinade.

4. COOK THE POLENTA

Gradually whisk polenta, 1/2 salad sprinkle and **1 tsp oregano** into simmering water. Cook over low heat, stirring until thickened. Remove from heat. Season with **salt and pepper** to taste (see notes).

5. FINISH AND SERVE

Serve polenta topped with broccoli and mushrooms. Spoon over chimmichurri.