



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lime

Before cutting, roll your lime between your palm and benchtop, tenderising the fruit and making it easier to juice!



K2

Marinated Mushroom Tacos with Pineapple Salsa

Mushrooms marinated with sugar and spices to give a deliciously sweet, earthy flavour to go into corn tortillas from La Tortilla, served with mashed lime avocado and pineapple salsa.



25 minutes



2 servings



Plant-Based

21 October 2022

Mix it up!

Pat dry the pineapple and rub it with oil, a little chilli and some lime zest. Place into a hot frypan and cook for a couple of minutes to caramelise. Cut into quarters and add into tacos. Use the shallot and coriander stems in the avocado.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	31g	71g

FROM YOUR BOX

SWISS BROWN MUSHROOMS	1 bag (150g)
GREEN CAPSICUM	1
AVOCADO	1
LIME	1
TINNED PINEAPPLE	225g
SHALLOT	1
JALAPENO	1
CORIANDER	1 packet (10g)
CORN TORTILLAS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, brown sugar, smoked paprika, ground coriander

KEY UTENSILS

2 large frypans

NOTES

If you cook the mushrooms and capsicum in smaller batches, it should stop them from stewing and achieve a more caramelised finish.

Tortillas can also be heated in a sandwich press.



1. MARINATE THE MUSHROOMS

Thinly slice mushrooms and capsicum. Place into a bowl with **1 tsp brown sugar**, **1 tsp coriander**, **1 tsp smoked paprika**, **2 tbsp oil**, **1 tsp vinegar** and **salt**. Mix well to coat and set aside.



2. MASH THE AVOCADO

Peel and dice avocado. Mash with a fork along with 1 tsp lime zest and juice from 1/2 lime (wedge remaining), **1 tbsp olive oil**, **salt** and **pepper**.



3. MAKE THE SALSA

Drain and dice pineapple. Finely chop shallot, jalapeño and coriander stems (reserve leaves for garnish). Toss with **1/2 tbsp olive oil**, **1/2 tbsp vinegar**, **salt** and **pepper**.



4. COOK THE MUSHROOMS

Heat a frypan with **oil** over medium-high heat. Drain excess marinade from mushrooms and capsicum. Add to pan in batches (see notes) and cook for 3-4 minutes to caramelise.



5. HEAT THE TORTILLAS

Warm tortillas in a dry frypan according to packet instructions (see notes). Wrap the tortillas in a clean, dry towel to keep them warm until serving.



6. FINISH AND SERVE

Take all components to the table for sharing. Construct tortillas with avocado, mushrooms and salsa to taste. Sprinkle with coriander leaves and add a lime wedge for squeezing.

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**

