



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Polenta


Polenta is made from ground corn and is quite versatile, it can be used in sweet and savoury dishes and is gluten free!



K2 Soft Polenta with Roasted Mushrooms

Rich and creamy polenta with nut-based cheese served with gourmet roasted mushrooms .

 25 minutes

 2 servings

 Plant-Based

27 May 2022

Mix it up!

For an even creamier polenta replace half of the water with nut-based milk. Add any fresh herbs that you may have in the garden or fridge for extra flavour.

Per serve: **PROTEIN** 13g **TOTAL FAT** 26g **CARBOHYDRATES** 44g

FROM YOUR BOX

GOURMET MUSHROOMS	1 packet (280g)
GARLIC CLOVE	1
SHALLOTS	2
ROSEMARY STALK	1
BABY SPINACH	60g
NUT CHEESE	1 block
POLENTA	1 tub (150g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube (of choice), dried thyme, balsamic vinegar

KEY UTENSILS

saucepan, oven tray

NOTES

Tossing the mushrooms half way through will give you a more even cook. If preferred you can pan fry the onion, mushrooms and rosemary in oil. This will give you a softer, more braised finish.

You can boil the kettle first to speed things up.



1. ROAST THE MUSHROOMS

Set oven to 220°C.

Halve or quarter mushrooms, crush garlic, wedge shallots and chop rosemary leaves. Separate any enoki mushrooms for step 4. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until tender and starting to crisp (see notes).



4. ADD THE ENOKI

Toss enoki mushrooms with a little **oil, salt and pepper**. Add to roasting tray in small clumps for last 5 minutes of roasting time.



2. PREPARE THE POLENTA

Bring 800ml of water to a simmer in a saucepan (see notes) along with **1/2 stock cube** and **1/2 tsp thyme**.

Grate cheese and roughly chop spinach.



3. MAKE THE POLENTA

Gradually whisk polenta into simmering water. Cook over low heat, stirring until thickened. Remove from heat and stir through **1 tbsp olive oil**, spinach and half the cheese. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Toss mushrooms and onion with **1/2 tbsp balsamic vinegar** and season with **salt and pepper**.

Divide polenta between bowls. Spoon over mushrooms and top with remaining cheese.

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**

