



Product Spotlight: Sun-dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



K2 Stuffed Mushrooms with Mash and Tarragon Sauce

Blended walnuts and sun-dried tomatoes give the mushrooms extra flavour and richness, served with mash, vegetables and mustard and tarragon sauce.



30 minutes



2 servings



Plant-Based

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Mix it up!

You could slice the mushrooms and sun-dried tomatoes and roughly chop the walnuts and cook them together in a frypan with oil instead of making the stuffing and baking them.

Per serve: **PROTEIN** 25g **TOTAL FAT** 37g **CARBOHYDRATES** 94g

FROM YOUR BOX

POTATOES	3
SWEDE	1
WALNUTS	70g
SUN-DRIED TOMATOES	1 tub (100g)
FIELD MUSHROOMS	300g
MUSTARD	1 jar
SHALLOT	1
GREEN BEANS	1 bag (150g)
CARROT	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour, dried tarragon, soy sauce

KEY UTENSILS

frypan, saucepan, oven tray, small processor

NOTES

You can leave the skins on the potatoes and swede if preferred.

If you don't have a food processor, chop walnuts and sun-dried tomatoes finely with a knife or use a mortar and pestle.

You could add the remaining sun-dried tomatoes to the sauce or even put them through the mash.



1. COOK THE POTATOES

Set oven to 200°C.

Peel and dice potatoes and swede (see notes). Place into a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain (reserve 1/4 cup water) and return to pan.



2. COOK THE MUSHROOMS

Roughly chop walnuts and $\frac{1}{2}$ sun-dried tomatoes. Use a small processor (see notes) to pulse together with **1 tbsp oil, salt and pepper**. Divide stuffing between mushrooms. Place onto a lined oven tray and cook for 10-15 minutes.



3. MAKE THE SAUCE

Whisk together mustard, **2 tsp cornflour, 2 tsp tarragon, 2 tsp soy sauce** and **1 1/2 cups water**. Heat a frypan over medium-high heat with **oil**. Dice shallot and add to pan. Cook for 2 minutes then add liquid. Bring to a simmer and cook until thickened. Season with **salt and pepper**. Remove to a jug. Keep pan over heat.



4. COOK THE VEGETABLES

Trim beans and carrot. Add to frypan with **1/4 cup water**. Cook for 3-4 minutes until water has evaporated and vegetables are tender. Season with **1/2 tbsp olive oil, salt and pepper**.



5. MAKE THE MASH

Mash potatoes and swede with **1 tbsp oil, reserved water, salt and pepper**.



6. FINISH AND SERVE

Serve mash onto plates with mushrooms, vegetables and sauce to taste.

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