



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!



K4 Soft Polenta with Roasted Mushrooms

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

 25 minutes

 4 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** 10g **TOTAL FAT** 17g **CARBOHYDRATES** 25g

FROM YOUR BOX

GARLIC CLOVES	2
RED ONION	1
ROSEMARY STALKS	2
GOURMET MUSHROOMS	1 packet (280g)
SLICED MUSHROOMS	1 punnet (200g)
NUT CHEESE	1 block
BABY SPINACH	200g
POLENTA	1 tub (250g)

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.

Crush garlic, wedge onion, chop rosemary leaves and slice larger mushrooms. Reserve 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

Separate enoki mushrooms into little bunches and toss 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 1.5L of water to a simmer in a saucepan (see notes) along with **1 stock cube and 1 tsp thyme**.

Grate cheese and roughly chop spinach.



5. FINISH AND SERVE

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

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



3. MAKE THE POLENTA

Gradually whisk polenta into simmering water. Cook over low heat, stirring until thickened. Remove from heat and stir through **2 tbsp olive oil**, spinach and half the cheese. Season to taste with **salt and pepper**.

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

