




### 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.



## K4 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

 4 servings

 Plant-Based

12 August 2022

## 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** 20g **TOTAL FAT** 33g **CARBOHYDRATES** 74g

## FROM YOUR BOX

POTATOES	800g
SWEDES	2
WALNUTS	130g
FIELD MUSHROOMS	600g
SUN-DRIED TOMATOES	1 tub (100g)
MUSTARD	1 jar
SHALLOT	1
GREEN BEANS	1 bag (250g)
DUTCH CARROTS	1 bunch

## 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 swedes 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.



### 1. COOK THE POTATOES

Set oven to 200°C.

Peel and dice potatoes and swedes (see notes). Place into a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain (reserve 1/2 cup water) and return to pan.



### 4. COOK THE VEGETABLES

Trim beans and carrots. Add to frypan with **1/4 cup water**. Cook for 3-4 minutes until vegetables are cooked to your liking. Season with **1/2 tbsp olive oil, salt and pepper**.



### 2. COOK THE MUSHROOMS

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



### 5. MAKE THE MASH

Mash potatoes and swedes with **2 tbsp oil**, reserved water, **salt and pepper**.



### 3. MAKE THE SAUCE

Whisk together mustard, **3 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.



### 6. FINISH AND SERVE

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

**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**

