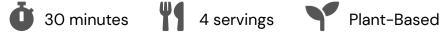




Stuffed Mushrooms

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.







Mix it up!

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

TOTAL FAT CARBOHYDRATES PROTEIN

> 20g 33g

74g

12 August 2022

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.



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.



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 mediumhigh 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 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.



5. MAKE THE MASH

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



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 **O481 O72 599** or send an email to **hello@dinnertwist.com.au**



