




### Product Spotlight: Walnuts


Walnuts are full of antioxidants, and research suggests they reduce the risk of some cancers, heart disease, and diabetes. Resist the urge to remove the skin because that's where 90% of the antioxidants are!



## L4 Kidney Bean and Mushroom Subs

Mushrooms sautéed with rosemary and shallot, then blitzed into balls with kidney beans and walnuts, grilled in wholemeal rolls with tomato sugo and shredded mozzarella, and served with a fresh side salad.

 30 minutes

 4 servings

 Vegetarian

22 July 2022

## Mix it up!

*Turn it into Sloppy Joes! Slice the mushrooms, shallot and rosemary. Sauté in a frypan until shallot begins to soften. Add the beans and tomato sugo, simmer until vegetables are tender. Spoon into rolls and sprinkle over cheese.*

Per serve: **PROTEIN** 31g **TOTAL FAT** 37g **CARBOHYDRATES** 54g

## FROM YOUR BOX

SHALLOT	1
MUSHROOMS	1 bag (150g)
TINNED KIDNEY BEANS	400g
WALNUTS	1 bag (130g)
WHOLEMEAL ROLLS	4-pack
TOMATO SUGO	1 jar
SHREDDED MOZZARELLA	1 packet
TOMATOES	2
MESCLUN LEAVES	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), white wine vinegar, dried rosemary

## KEY UTENSILS

frypan, oven tray, blender or food processor

## NOTES

If you have little helpers in the kitchen, get them to assist with rolling the balls. This mixture will make 16-18 balls

**No gluten option - wholemeal rolls are replaced with gluten-free rolls.**



### 1. SAUTÉ THE MUSHROOMS

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Slice shallot and mushrooms. Add to pan as you go along with **3 tsp rosemary**. Sauté for 4-6 minutes until mushrooms are tender. Season with **1 tbsp soy sauce** and **pepper**.



### 4. PREPARE THE SALAD

Wedge tomatoes and add to a large bowl. Toss with mesclun leaves and **1 tbsp vinegar**.



### 2. BLEND THE BEANS

Drain beans. Add to a blender along with sautéed mushrooms and walnuts. Blend until ingredients are well combined. Use oiled hands to form into tablespoon size balls (see notes).



### 5. FINISH AND SERVE

Serve subs on plates with fresh salad.



### 3. BUILD THE SUBS

Halve rolls longways and place on a lined oven tray. Spoon 2 tbsp sugo on base of rolls. Add bean balls, spoon over remaining sugo and sprinkle over mozzarella. Toast in oven for 5-8 minutes until mozzarella is melted.

**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**

