



### 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.



## 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

### 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	TOTAL FAT	CARBOHYDRATES
	25g	37g	94g

## FROM YOUR BOX

MEDIUM POTATOES	4
WALNUTS	60g
SUN-DRIED TOMATOES	1 tub
FIELD MUSHROOMS	300g
BAVARIAN MUSTARD	1 jar
SHALLOT	1
GREEN BEANS	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 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.



Scan the QR code to  
submit a Google review!



### 1. COOK THE POTATOES

Set oven to 200°C.

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



### 4. COOK THE VEGETABLES

Trim beans and cut carrot into batons. 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**.



### 2. COOK THE MUSHROOMS

Roughly chop walnuts and **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.



### 5. MAKE THE MASH

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



### 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 (see notes). 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**

