



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

Walnut and sun-dried tomato stuffed mushrooms bring savoury crunch and umami to this warming dish, served with creamy mash, seasonal vegetables and a tangy tarragon sauce.



35 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**
g g g

FROM YOUR BOX

MEDIUM POTATOES	3
SWEDE	1
FIELD MUSHROOMS	300g
WALNUTS	60g
SUN-DRIED TOMATOES	1 tub
SHALLOT	1
TARRAGON HERB MIX	1 tub
GREEN BEANS	150g
CARROT	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour, soy sauce

KEY UTENSILS

frypan, saucepan, oven tray, small processor

NOTES

Peel potatoes for a smoother mash.

If you don't have a food processor, chop walnuts and sun-dried tomatoes finely with a knife or use a mortar and pestle.

Add 1-2 tsp mustard or stock to the sauce for an extra boost of flavour.

Tarragon herb mix: dried tarragon, dried rosemary, garlic powder.



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1. COOK THE POTATOES

Set oven to 200°C.

Scrub and dice **potatoes** and **swede**. Place in a saucepan and cover with **water**. Bring to a boil, reduce heat and simmer for 15 minutes or until soft. Drain (reserving **1/2 cup water**) and return to pan.



4. COOK THE VEGETABLES

Transfer sauce to a serving bowl and rinse frypan. Trim **beans** and cut **carrots** into batons. Add to pan with **1/2 cup water**. Cook, covered, for 3-4 minutes until vegetables are tender to your liking. Toss with **1 tbsp olive oil, salt and pepper**.



2. COOK THE MUSHROOMS

Remove **mushroom** stems. Pulse **walnuts, sun-dried tomatoes (use to taste), 1 tbsp olive oil, salt and pepper** in a small processor (see notes). Fill mushrooms with mixture, place on a lined tray and bake for 10-15 minutes until golden.



5. MAKE THE MASH

Mash **potatoes** and **swede** with **reserved water** to taste, **1 tbsp olive oil, salt and pepper**.



3. MAKE THE SAUCE

Heat a frypan over medium heat with **oil**. Slice and add **shallot**, cook for 2 minutes or until softened. Add **tarragon herb mix**.

Whisk together **3 tsp cornflour, 2 tsp soy sauce and 1 cup water**. Add to pan and simmer, stirring, until thickened. Season with **salt and pepper** (see notes).



6. FINISH AND SERVE

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

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