



### 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.



## Sun Dried Tomato & Walnut Stuffed Mushrooms

Roasted field mushrooms stuffed with sun-dried tomatoes and walnuts, served with creamy mash, seasonal vegetables and a tangy tarragon sauce.



40 minutes



Plant-Based



2 servings

### Jazz it up!

*Stir a spoonful of white miso paste into the tarragon sauce for a deeper, more complex umami flavour.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 14g     | 22g       | 76g           |

## FROM YOUR BOX

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

## FROM YOUR PANTRY

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

## KEY UTENSILS

frypan, saucepan, oven tray, food processor (see notes)

## NOTES

Peel potatoes if desired. Add olive oil and milk and cheese of choice for extra flavour.

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

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



Scan the QR code to  
submit a Google review!



### 1. MASH THE POTATOES

Roughly chop **potatoes**. Add to a saucepan and cover with water. Bring to a boil, simmer for 15 minutes or until tender. Reserve **1/3 cup cooking liquid** and drain **potatoes**. Return both to pan and mash to desired consistency. Season well with **salt and pepper**.



### 4. COOK THE GREEN BEANS

Trim **green beans**. Heat a frypan over medium-high heat with **oil**. Add **beans** and cook for 2-3 minutes until tender. Remove from pan (keep pan over heat for step 5) and toss with **1 tbsp olive oil, salt and pepper**.



### 2. MAKE THE STUFFING

Set oven to 200°C.

Remove **mushroom stems** (reserve mushroom caps for step 3). Use a food processor to pulse **stems, walnuts, sun-dried tomatoes, 1 tbsp olive oil, salt and pepper**.



### 5. MAKE TARRAGON SAUCE

Slice **shallot**. Add to pan with extra oil. Cook for 2-4 minutes or until softened. Whisk together **herb mix, 2 tsp cornflour, 2 tsp soy sauce and 1 cup water**. Add to pan and simmer, stirring, until thickened. Season with **salt and pepper**.



### 3. ROAST THE MUSHROOMS

Place **mushroom caps** on a lined oven tray. Spoon **stuffing** into **caps** and drizzle with oil. Cut **carrot** lengthways. Toss on oven tray with **oil, salt and pepper**. Roast for 15-20 minutes or until **carrot** is tender.



### 6. FINISH AND SERVE

Divide **mash, roast carrot, green beans** and **stuffed mushrooms** among plates. Serve with **tarragon sauce**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.  
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

