

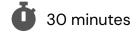




## **Stuffed Mushrooms**

### 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.





4 servings

Plant-Based

# 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

74g

#### FROM YOUR BOX

MEDIUM POTATOES	800g
WALNUTS	2x 60g
SUN-DRIED TOMATOES	1 tub
FIELD MUSHROOMS	600g
MUSTARD	1 jar
SHALLOT	1
GREEN BEANS	250g
CARROTS	2

#### 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.





#### 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 1/2 cup water) and return to pan.



#### 4. COOK THE VEGETABLES

Trim beans and cut carrots into batons. Add to frypan with 1/2 cup water. Cook for 3-4 minutes until vegetables are cooked to your liking. Season with 1 tbsp olive oil, salt and pepper.



#### 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.



#### **5. MAKE THE MASH**

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



#### 3. MAKE THE SAUCE

Whisk together mustard, 3 tsp cornflour, 2 tsp tarragon, 2 tsp soy sauce and 11/2 cups water. Heat a frypan over mediumhigh heat with oil. Slice 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.



#### 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



