

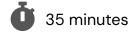




Stuffed Mushrooms

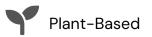
with Mash and Tarragon Sauce

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.





4 servings



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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

MEDIUM POTATOES	800g
SWEDE	1
FIELD MUSHROOMS	600g
WALNUTS	130g
SUN-DRIED TOMATOES	1 tub
BROWN ONION	1
TARRAGON HERB MIX	1 tub
GREEN BEANS	150g
CARROTS	2

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.



2. COOK THE MUSHROOMS

Remove mushroom stems. Pulse walnuts, sun-dried tomatoes, 2 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.



3. MAKE THE SAUCE

Heat a frypan over medium heat with oil. Slice and add onion, cook for 4-5 minutes or until softened. Add tarragon herb mix.

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



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.



5. MAKE THE MASH

Mash potatoes and swede with reserved water to taste, 2 tbsp olive oil, salt and pepper.



6. FINISH AND SERVE

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

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