



### 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



4 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	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.*



Scan the QR code to  
submit a Google review!



### 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, 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.



### 5. MAKE THE MASH

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



### 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).



### 6. FINISH AND SERVE

Serve **mash** onto plates with **stuffed 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**

