



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 servings

Jazz it up!

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

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	13g	20g	50g/60g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
FIELD MUSHROOMS	600g	600g + 300g
WALNUTS	130g	130g + 60g
SUN-DRIED TOMATOES	1 tub	2 tubs
DUTCH CARROTS	1 bunch	2 bunches
GREEN BEANS	150g	250g
SHALLOT	1	2
TARRAGON HERB MIX	1 tub	2 tubs

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



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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 **1/2 cup cooking water** and drain **potatoes**. Return both to pan and mash to desired consistency. Season well with **salt and pepper**.

6P – reserve and add 3/4 cup water.



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**.

6P – toss with 2 tbsp olive oil.



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, 2 tbsp olive oil, salt and pepper**.

6P – add 3 tbsp olive oil.



5. MAKE TARRAGON SAUCE

Slice **shallot**. Add to pan with extra oil. Cook for 2–4 minutes or until softened. Whisk together **herb mix, 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**.

6P – use 1 1/2 tbsp cornflour, 1 tbsp soy sauce and 2 cups water.



3. ROAST THE MUSHROOMS

Place **mushroom caps** on a lined oven tray. Spoon **stuffing** into **caps** and drizzle with oil. Trim and scrub **carrots**. Toss on oven tray with **oil, salt and pepper**. Roast for 15–20 minutes or until **carrots** are tender.



6. FINISH AND SERVE

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

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