

**Product Spotlight:  
Pecans**

Pecan trees typically grow between 20–40 metres tall and can bear fruit for up to 300 years!



## Field Mushrooms with Black Rice Stuffing Salad

A recipe inspired by traditional stuffing; black rice is tossed with cooked vegetables, fresh rocket and a maple mustard dressing, and served with field mushrooms.



35 minutes



2 servings



Plant-Based

## Save it!

*Save this recipe for the next time you are making a roast. Stuff a pumpkin, capsicum or zucchini with the black rice salad (not including the rocket) and roast using your preferred method.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	24g	90g

## FROM YOUR BOX

BLACK RICE	1 packet (150g)
SAGE	1 packet
FIELD MUSHROOMS	1 bag (300g)
BROWN ONION	1
CELERY STICK	1
SWEET POTATOES	400g
MUSTARD	1 jar
CRANBERRY AND PECAN MIX	1 packet (50g)
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, vinegar of choice

## KEY UTENSILS

saucepan, BBQ, frypan

## NOTES

If you prefer, you can roast the mushrooms for 15 minutes on 220°C.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



### 2. ROAST THE MUSHROOMS

Finely chop sage and remove mushroom stems (reserve for step 3). Drizzle with **oil** and season with 1/2 chopped sage, **salt and pepper**. Heat a barbecue over medium–high heat and grill mushrooms for 4–5 minutes on each side (see notes).



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **oil**. Slice onion and celery. Dice sweet potato and reserved mushroom stems. Add to pan as you go along with **1/2 cup water**. Cook, semi–covered, for 10 minutes until vegetables are tender. Season with **salt and pepper**.



### 4. MAKE THE DRESSING

In a large bowl whisk together mustard, **1/4 cup olive oil**, **3 tsp vinegar** and **1/2 tbsp maple syrup**.



### 5. TOSS THE RICE

Roughly chop cranberry mix. Add to bowl along with rice, vegetables and remaining sage. Toss until well coated. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide grilled mushrooms among plates. Top with rice stuffing and serve with a side of fresh rocket leaves.



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