

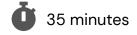




Chimichurri Mushrooms

with Sweet Potato

A hearty flavourful meal featuring grilled field mushrooms served with a spicy avocado chimichurri sauce, sweet potatoes and seasonal leaves!







Make a hash!

Dice sweet potatoes and mushrooms. Toss on a lined oven tray with spices of choice. Roast for 25 minutes and serve topped with chimichurri dressing.

TOTAL FAT CARBOHYDRATES

47g

FROM YOUR BOX

SWEET POTATOES	400g
GARLIC CLOVE	1
PARSLEY	1 packet
SHALLOT	1
FIELD MUSHROOMS	300g
AVOCADO	1
ROCKET & SPINACH LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine or balsamic vinegar, dried oregano, chilli flakes (optional)

KEY UTENSILS

oven tray, BBQ or griddle pan

NOTES

You can roast the mushrooms for 15-20 minutes on each side if you prefer.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Halve or wedge sweet potatoes and toss with oil, salt and pepper on a lined oven tray. Roast for 25 minutes or until golden and tender.



2. PREPARE THE CHIMICHURRI

Crush garlic and finely chop parsley and shallot. Add to a bowl with 2 tbsp olive oil, 2 tbsp vinegar, 1 tsp dried oregano and 1/2 tsp chilli flakes (optional). Season well with salt and pepper.



3. COOK THE MUSHROOMS

Trim the mushroom stems and rub with 1-2 tbsp of chimichurri dressing. Heat the BBQ or a fry/griddle pan over medium-high heat (see notes). Add mushrooms and cook for 4-5 minutes on each side or until tender.



4. ADD THE AVOCADO

Dice avocado and toss in the chimichurri dressing to coat.



5. FINISH AND SERVE

Serve grilled mushrooms with sweet potatoes, avocado chimichurri, rocket and spinach leaves.



