



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

 4 servings

 Plant-Based

Save this recipe!

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
	12g	21g	57g

FROM YOUR BOX

BLACK RICE	1 packet (300g)
SAGE	1 packet
FIELD MUSHROOMS	600g
BROWN ONION	1
CELERY STICKS	2
SWEET POTATO	400g
DIJON MUSTARD	1 small jar
CRANBERRY AND PECAN MIX	100g
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, oven tray, large frypan

NOTES

If you prefer, you can roast cook the mushrooms on a griddle pan or on the barbecue instead!



1. COOK THE RICE

Set oven to 220°C.

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).

Place mushrooms on a lined oven tray. Drizzle with **oil** and 1/2 sage, season with **salt and pepper**. Roast for 15 minutes.



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium 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 and pecan 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 mushrooms among plates. Top with rice stuffing salad and serve with a side of fresh **rocket leaves**.



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