




Product Spotlight: Pecans


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



2 Roasted 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, served with roasted mushrooms.

 35 minutes

 2 servings

 Plant-Based

19 November 2021

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 (minus the rocket) and roast using your preferred method.

Per serve: **PROTEIN** 16g **TOTAL FAT** 24g **CARBOHYDRATES** 92g

FROM YOUR BOX

BLACK RICE	1 packet (150g)
FIELD MUSHROOMS	1 bag (300g)
BROWN ONION	1/2 *
CELERY STICK	1
SWEET POTATO	200g
CRANBERRY + PECAN MIX	1 packet (50g)
ROCKET LEAVES	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

We used dijon mustard, but any variety will work well.



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

Place mushrooms on a lined oven tray and remove stems (reserve for step 3). Drizzle with **oil** and season with **1 tsp sage, salt and pepper**. Roast for 15 minutes.



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 **1/4 cup water**. Cook, semi-covered, for 10 minutes until vegetables are tender. Season with **salt and pepper**.



4. MAKE THE DRESSING

In a bowl whisk together **2 tbsp olive oil, 1 tbsp mustard, 1 tsp vinegar** and **1 tsp maple syrup**.



5. TOSS THE RICE

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



6. FINISH AND SERVE

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

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**

