

### **Product Spotlight:** Pecans

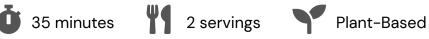
Pecan trees typically grow between 20-40 metres tall and can bear fruit for up to 300 years!



## **Roasted Mushrooms** 2

# 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.







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 TOTAL FAT CARBOHYDRATES 16g 24g 92g

19 November 2021

#### 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.



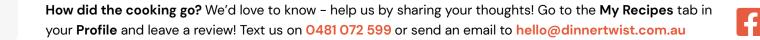
## **3. SAUTÉ THE VEGETABLES**

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.



### **6. FINISH AND SERVE**

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





## **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.