



Product Spotlight: Mushrooms

Adding mushrooms is a great way to boost the protein of the dish. Mushrooms are also one of the few natural food sources of vitamin D which is great for strong healthy teeth and bones!



1 Mushroom Stroganoff with Lentil Pasta

A creamy mushroom stroganoff with cherry tomatoes and spinach, tossed through red lentil pasta and served with a side of garlic greens.

 30 minutes

 2 servings

 Plant-Based

8 March 2021

Spice it up!

Add some dried or fresh thyme to the sauce or some miso paste for an added umami flavour!

Per serve: **PROTEIN** 41g **TOTAL FAT** 28g **CARBOHYDRATES** 118g

FROM YOUR BOX

RED LENTIL RIGATONI	1 packet
BROCCOLI	1/2 *
SHALLOT	1
MUSHROOMS	200g
CHERRY TOMATOES	1 bag (200g)
CASHEW CREAM CHEESE	1/2 jar *
BABY SPINACH	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika, garlic (1/2 clove)

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer to cook the broccoli in the sauce instead of on the side you can add them to the pan in step 3.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8–10 minutes or until al dente. Drain and set aside.



2. COOK THE BROCCOLI

Cut the broccoli into small florets (see notes). Heat a frypan over medium–high heat with **oil**. Add broccoli and crush in **1/2 garlic clove**. Cook for 4–5 minutes until tender. Season with **salt and pepper**. Remove and set aside.



3. SAUTÉ THE VEGGIES

Meanwhile, slice shallot and mushrooms. Halve tomatoes. Reheat frypan over medium–high heat with **oil**. Stir in **1/2 tsp paprika**, add vegetables and cook for 5 minutes until tender.



4. SIMMER THE SAUCE

Stir in cashew cream cheese and **1/2 cup water**. Cook for 2–3 minutes until heated through. Stir through spinach until wilted.



5. STIR THROUGH PASTA

Add cooked pasta to sauce and stir through to coat. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Divide stroganoff among bowls. Serve with a side of broccoli.

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

