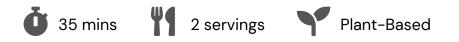


Product Spotlight: Forest Mushrooms

Mushrooms are packed with protein, minerals and vitamins and are in fact one of the few natural sources of vitamin D which is great for strong healthy teeth and bones!

3 Forest Mushroom and Lentil Bake

A mixture of forest mushrooms makes a deep and earthy bake, topped with creamy polenta, served with sautéed green vegetables.



13 August 2021

Make it a stew

Instead of baking the polenta on top of the lentil and mushroom mix, simply cook the lentil mix in the pan for 12–15 minutes then serve with polenta on the side.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 22g 12g 93g

FROM YOUR BOX

| FOREST MUSHROOMS | 30g |
|------------------|-----------------|
| | |
| THYME | 1 packet |
| | 1/0 * |
| BROWN ONION | 1/2 * |
| CELERY STICK | 1 |
| CELERT STICK | • |
| CHOPPED TOMATOES | 400g |
| SHOLLED LOWALGED | |
| I ENTILS | 400g |
| | 0 |
| POLENTA | 1 packet (125g) |
| | |
| BROCCOLINI | 1 bunch |
| | |

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, flour (of choice), apple cider vinegar

KEY UTENSILS

oven-proof frypan, saucepan, kettle, small frypan

NOTES

If you don't have an oven-proof frypan, cook the lentil mixture in a large frypan then transfer to an oven dish before topping with polenta.

We used cornflour to thicken our sauce.



1. COOK THE FILLING

Boil the kettle. Set oven to 220°C.

Place mushrooms in a bowl, cover with **1 cup hot water** from kettle and leave to soak. Heat oven-proof frypan over medium-high heat with **oil**. Remove thyme leaves from stalk to yield 1 tbsp, slice onion and celery, add to pan as you go. Cook for 3-5 minutes.



2. THICKEN THE SAUCE

Add mushrooms (including liquid) to pan along with tomatoes, drained lentils and **1/2 tbsp flour**. Stir to combine. Simmer for 5 minutes. Season with **salt and pepper**.



3. COOK POLENTA

Pour **700 ml hot water** into a saucepan. Bring to a simmer. Gradually whisk polenta into water. Cook over low heat, stirring, until thickened. Remove from heat and stir in remaining thyme, **1 tbsp olive oil, salt and pepper.**



4. PLACE IN OVEN

Spread the polenta over the top of the lentil mixture. Bake in the oven for 10-15 minutes.



5. COOK THE GREENS

Heat a small frypan over medium-high heat with **oil.** Cut broccolini in thirds, and cook for 2-3 minutes. Season with **1/2 tsp vinegar, salt and pepper.**



6. FINISH AND PLATE

Divide bake among shallow bowls. Serve with greens.

