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!

4 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 brussels sprouts.

🕐 30 minutes　🍴 2 servings　🌱 Plant-Based

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Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	24g	101g

FROM YOUR BOX

RED LENTIL RIGATONI	1 packet
BRUSSELS SPROUTS	150g
SHALLOT	1
MUSHROOMS	200g
CHERRY TOMATOES	1 bag (200g)
CASHEW CREAM CHEESE	1/2 jar *
BABY SPINACH	1 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 brussels sprouts 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 SPROUTS

Trim and halve brussels sprouts (see notes). Heat a frypan over medium-high heat with **oil**. Add sprouts and crush in **1/2 garlic clove.** Cook for 6-8 minutes until tender. Season with **salt and pepper**. Set aside and keep warm.

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**. Simmer for 2-3 minutes until heated through.

5. STIR THROUGH PASTA

Add cooked pasta and spinach 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 sprouts.

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**