




Product Spotlight: Parsley


Not just a garnish, parsley is also good for eyesight (vitamin A + beta carotene), great for the immune system and even helps with urinary tract infections due to its diuretic properties.



4 Roasted Field Mushrooms

Roasted field mushrooms served on a bed of polenta with kale and vibrant salsa verde.

 30 mins

 2 servings

 Plant-Based

28 May 2021

Mix it up!

Instead of sautéing the kale, you could make chips. Once kale is chopped, toss on a lined oven tray with olive oil, salt and pepper. Bake in the oven for 10-15 minutes with the mushrooms.

Per serve: **PROTEIN** 10g **TOTAL FAT** 44g **CARBOHYDRATES** 53g

FROM YOUR BOX

FIELD MUSHROOM	400g
PARSLEY	1/2 bunch *
MINT	1/2 bunch *
SPRING ONION	1/3 bunch *
KALE	1/2 bunch *
POLENTA	100g
NUT FETA	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, dried oregano, 2 garlic cloves

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Salsa verde traditionally has capers in it. If you have some at home, chop them up and add them in, they add a beautiful savoury tang to the sauce. You could also make the sauce in a small blender if you want a smoother texture.

For a creamier flavour, you could cook your polenta in a mixture of half water, half milk alternative of your choice, instead of just water.



1. ROAST THE MUSHROOMS

Bring **1 litre water** to a simmer in a saucepan. Set oven to 220°C.

Place mushrooms on a lined oven tray. Coat the mushrooms with **1/2 tsp oregano**, **1 crushed garlic clove**, **oil**, **salt and pepper**. Roast for 15–20 minutes until cooked through.



4. COOK THE POLENTA

Turn saucepan heat down to low. Slowly whisk in polenta, stirring continuously until thickened. Remove from heat, stir in **2 tbsp olive oil**, **salt and pepper**. Dot in nut feta. (See notes).



2. MAKE SALSA VERDE

Finely chop the parsley, mint and spring onions and **1 garlic clove**. Add to a bowl with **3 tbsp olive oil**, **3 tsp balsamic vinegar**, **salt and pepper** (see notes).



3. SAUTÉ THE KALE

Remove the kale leaves from the stalks and roughly chop. Heat a frypan over medium-high heat with **oil**. Add kale with **salt and pepper**, sauté for 3–4 minutes.



5. FINISH AND PLATE

Evenly divide the polenta among shallow bowls. Top with kale, roasted mushrooms and drizzle over salsa verde.

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