




### Product Spotlight: Pecans


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



## 2 Roasted Mushrooms 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.

 35 minutes

 4 servings

 Plant-Based

19 November 2021

## 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** 16g **TOTAL FAT** 24g **CARBOHYDRATES** 90g

## FROM YOUR BOX

BLACK RICE	1 packet (300g)
FIELD MUSHROOMS	1 bag (600g)
BROWN ONION	1/2 *
CELERY STICKS	2
SWEET POTATO	400g
CRANBERRY + PECAN MIX	1 packet (100g)
ROCKET LEAVES	1/2 bag (100g) *

*\*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 **2 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 **1/2 cup water**. Cook, semi-covered, for 10 minutes until vegetables are tender. Season with **salt and pepper**.



### 4. MAKE THE DRESSING

In a large bowl whisk together **1/4 cup olive oil, 2 tbsp mustard, 3 tsp vinegar** and **1/2 tbsp 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**.



### 6. FINISH AND SERVE

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

**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**

