



### 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

 4 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** 26g **TOTAL FAT** 12g **CARBOHYDRATES** 57g

## FROM YOUR BOX

RED LENTIL RIGATONI	1 packet
BRUSSELS SPROUTS	300g
BROWN ONION	1
MUSHROOMS	400g
CHERRY TOMATOES	1/2 bag (200g) *
CASHEW CREAM CHEESE	1/2 jar *
BABY SPINACH	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika, garlic (1 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 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 onion and mushrooms. Halve tomatoes. Reheat frypan over medium–high heat with **oil**. Stir in **1 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](mailto:hello@dinnertwist.com.au)

