




Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



4 White Bean Stuffed Mushrooms with Rocket Salad

Roast flat mushrooms stuffed with a sun-dried tomato and white bean mix, served alongside baby root vegetables and a pear and rocket salad.

 35 minutes

 4 servings

 Plant-Based

4 January 2021

Spice it up!

Fennel seeds, dried oregano and chilli flakes work well in the bean stuffing mix for extra flavour!

Per serve: **PROTEIN** 34g **TOTAL FAT** 24g **CARBOHYDRATES** 102g

FROM YOUR BOX

BABY POTATOES	800g
DUTCH CARROTS	1 bunch
SUN-DRIED TOMATOES	1 packet
WHITE BEANS	2 tins (2 x 400g)
FIELD MUSHROOMS	600g
GREEN PEARS	2
WALNUTS	1 packet (40g)
ROCKET LEAVES	1 bag (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1 clove), red wine vinegar, dried tarragon

KEY UTENSILS

2 oven trays

NOTES

You can use the oil from the tomatoes to coat the mushrooms.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve potatoes and trim carrots. Toss on a lined oven tray with **1 tsp dried tarragon, oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



2. PREPARE THE STUFFING

Chop sun-dried tomatoes. Drain the beans and roughly mash. Combine with **1 crushed garlic clove, salt and pepper**.



3. ROAST THE MUSHROOMS

Coat mushrooms with **oil, salt and pepper**. Place on a lined oven tray and fill with stuffing. Roast in oven for 15 minutes.



4. PREPARE THE SALAD

Slice pears and roughly chop walnuts. Toss together with rocket leaves. Whisk together **1 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Toss through salad.



5. FINISH AND PLATE

Divide roast veggies, mushrooms and salad among plates.

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**

