



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### Product Spotlight: Forest Mushrooms

Mushrooms are packed with protein, minerals and vitamins and are in fact one of the few natural sources of vitamin D which is great for strong healthy teeth and bones!





## Make it a stew


*Instead of baking the polenta on top of the lentil and mushroom mix, simply cook the lentil mix in the pan for 12-15 minutes then serve with polenta on the side.*

## 3 Forest Mushroom and Lentil Bake

A mixture of forest mushrooms makes a deep and earthy bake, topped with creamy polenta, served with sautéed green vegetables.

 35 mins

 4 servings

 Plant-Based

13 August 2021

Per serve: **PROTEIN** 19g **TOTAL FAT** 11g **CARBOHYDRATES** 85g

## FROM YOUR BOX

FOREST MUSHROOMS	30g
THYME	1 packet
BROWN ONION	1/2 *
CELERY STICKS	2
CHOPPED TOMATOES	400g
LENTILS	2x 400g
POLENTA	1 packet (250g)
BROCCOLINI	1 bunch
ENGLISH SPINACH	1 bunch

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, flour (of choice), apple cider vinegar

## KEY UTENSILS

oven-proof frypan, saucepan, kettle, small frypan

## NOTES

If you don't have an oven-proof frypan, cook the lentil mixture in a large frypan then transfer to an oven dish before topping with polenta.

We used cornflour to thicken our sauce.



### 1. COOK THE FILLING

Boil the kettle. Set oven to 220°C.

Place mushrooms in a bowl, cover with **1 cup hot water** from kettle and leave to soak. Heat oven-proof frypan over medium-high heat with **oil**. Remove thyme leaves from stalk to yield 2 tbsp. Slice onion and celery, add to pan as you go. Cook for 3-5 minutes.



### 2. THICKEN THE SAUCE

Add mushrooms (including liquid) to pan along with tomatoes, drained lentils and **1 tbsp flour**. Stir to combine. Simmer for 5 minutes. Season with **salt and pepper**.



### 3. COOK POLENTA

Pour **1.3 litres hot water** into a saucepan. Bring to a simmer. Gradually whisk polenta into water. Cook over low heat, stirring, until thickened. Remove from heat and stir in remaining thyme, **2 tbsp olive oil, salt and pepper**.



### 4. PLACE IN OVEN

Spread polenta over the top of the lentil mixture. Bake in the oven for 10-15 minutes.



### 5. COOK THE GREENS

Heat a small frypan over medium-high heat with **oil**. Cut broccolini in thirds, and cook for 2-3 minutes. Rinse and roughly chop spinach. Add to pan to wilt. Season with **1 tsp vinegar, salt and pepper**.



### 6. FINISH AND PLATE

Divide bake among shallow bowls. Serve with greens.

**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**

