

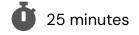




Garlic Mushroom Steaks

with Cheesy Polenta

Field mushroom steaks roasted in a garlic and balsamic marinade, served over creamy polenta and topped with a bright tomato and parsley dressing.





2 servings



Vegetarian

Leftover polenta?

Got leftover polenta? Pour it into a container, chill until firm, then slice and pan-fry for a golden treat tomorrow!

FROM YOUR BOX

GARLIC CLOVE	1
BROCCOLI	1
FIELD MUSHROOMS	300g
CHERRY TOMATOES	200g
PARSLEY	1 packet
INSTANT POLENTA	125g
PARMESAN CHEESE	1 bag

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, dried oregano, chilli flakes (optional)

KEY UTENSILS

oven tray, saucepan

NOTES

You can roast the tomatoes as well if you prefer.





1. PREPARE THE DRESSING

Set oven to 220°C.

Combine 1 crushed garlic clove in a bowl with 2 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp dried oregano and 1/2 tsp chilli flakes (optional). Season well with salt and pepper.



2. ROAST THE VEGETABLES

Cut **broccoli** into small florets. Place on a lined oven tray with **mushrooms**. Spoon **2 tbsp dressing** onto vegetables and use hands to coat. Roast in oven for 15 minutes (see notes).



3. DRESS THE TOMATOES

Bring a saucepan with **700ml water** to a boil (for polenta).

Quarter **tomatoes** and finely chop **parsley**. Toss into bowl with remaining dressing.



4. COOK THE POLENTA

Gradually whisk **polenta** into simmering water. Cook over low heat, stirring until thickened. Remove from heat, stir in 1/2 bag parmesan cheese (reserve some for garnish) and 1 tsp oregano. Season with salt and pepper to taste.



5. FINISH AND SERVE

Serve polenta topped with broccolini and mushrooms. Spoon over tomatoes and dressing. Garnish with reserved cheese.

