



### Product Spotlight: Parsley

A sprig of parsley can provide much more than a garnish! Parsley is an excellent source of vitamin K, essential for healthy bones and blood clotting.



## 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.



25 minutes



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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	26g	37g

## 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**.



### 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.



### 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).



### 5. FINISH AND SERVE

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



### 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.



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