




**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

 4 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
	19g	24g	40g

## FROM YOUR BOX

GARLIC CLOVES	2
BROCCOLI	1
FIELD MUSHROOMS	600g
CHERRY TOMATOES	200g
PARSLEY	1 packet
INSTANT POLENTA	250g
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.



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### 1. PREPARE THE DRESSING

Set oven to 220°C.

Combine **2 crushed garlic cloves** in a bowl with **1/4 cup olive oil**, **1/4 cup balsamic vinegar**, **2 tsp oregano** and **1 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 **parmesan cheese** (reserve some for garnish) and **2 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 **3 tbsp dressing** onto vegetables and use hands to coat. Roast in oven for 20 minutes.



### 5. FINISH AND SERVE

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



### 3. DRESS THE TOMATOES

Bring a saucepan with **1.3 litres water** to a boil (for polenta).

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

**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**

