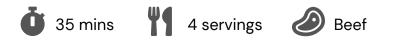


## Product Spotlight: Forest Mushrooms

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!

# **3** Beef and Forest Mushroom Bake

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



13 August 2021

Make it a stew

Instead of baking the polenta on top of the beef and mushroom mix, simply cook the beef mix in the pan for 15–18 minutes then serve with polenta on the side.

#### FROM YOUR BOX

FOREST MUSHROOMS	30g
BEEF MINCE	600g
ТНҮМЕ	1 packet
BROWN ONION	1/2 *
CELERY STICKS	2
CHOPPED TOMATOES	400g
POLENTA	1 packet (250g)
BROCCOLINI	1 bunch
ENGLISH SPINACH	1 bunch

\*Ingredient also used in another recipe

#### PANTRY

oil/butter for cooking, salt and pepper, apple cider vinegar, flour of choice (see notes)

### **KEY UTENSILS**

oven-proof frypan, saucepan, kettle, small frypan

#### NOTES

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

We used cornflour to thicken our sauce.

No beef option - beef mince is replaced with chicken mince. Use oil when cooking.



# **1. COOK THE BEEF**

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. Add beef, cook breaking up with spoon. Remove 2 tbsp thyme leaves from stalk, slice onion and celery, add to pan as you go. Cook for 3-5 minutes.



## **2. THICKEN THE SAUCE**

Pour in mushrooms (including liquid) and tomatoes. Add **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 butter/oil, salt and pepper.** 



# 4. PLACE IN OVEN

Spread polenta over the top of the beef 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

