




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.

 35 mins

 4 servings

 Beef

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.

Per serve: **PROTEIN** 45g **TOTAL FAT** 30g **CARBOHYDRATES** 59g

FROM YOUR BOX

FOREST MUSHROOMS	30g
BEEF MINCE	600g
THYME	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

