



### Product Spotlight: Parsnip

Parsnip is a type of root vegetable that belongs to the carrot family. They are high in fibre, folate, vitamin C and E.



## 4 Walnut Crumbed Mushrooms with Veggie Hash

Roast field mushrooms with a walnut crumb served with golden cubes of parsnip and a creamy cashew cheese sauce.



40 minutes



2 servings



Plant-Based

8 June 2020

### Spice it up!

You can add extra flavour into the walnut crumb to make it more exciting! Try chopped sun-dried tomatoes, garlic or olives.

Per serve: **PROTEIN** 24g **TOTAL FAT** 42g **CARBOHYDRATES** 50g

## FROM YOUR BOX

POTATOES	2
PARSNIPS	3
WALNUTS	1 packet (60g)
RED ONION	1/4 *
FIELD MUSHROOMS	400g
BROCCOLINI	1 bunch
ZUCCHINI	1/2 *
CASHEW CREAM CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

## KEY UTENSILS

2 oven trays, small food processor, frypan, small saucepan

## NOTES

If you don't have a small food processor you can finely chop the ingredients by hand instead.

For a simplified version of the dish you can skip step 2 and add the walnuts and onion to the pan to cook with the greens instead.



### 1. ROAST THE ROOT VEG

Set oven to 220°C.

Dice potatoes and parsnips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes or until cooked through.



### 2. MAKE WALNUT CRUMB

Roughly chop walnuts and onion. Add to a small food processor with **1/2 tsp dried oregano, salt and pepper**. Pulse until it resembles a crumb (see notes).



### 3. ROAST THE MUSHROOMS

Coat mushroom caps with **oil, salt and pepper**. Place on a lined oven tray, stem side up. Fill with walnut crumb. Roast in oven for 15 minutes until mushrooms are tender.



### 4. SAUTÉ THE GREENS

Trim and slice broccolini. Slice zucchini. Heat a frypan over medium heat. Add greens and **1/2 tsp oregano** along with **olive oil**. Cook for 5 minutes until tender. Season with **salt and pepper**. Take off heat.



### 5. MAKE THE SAUCE

Add cashew cheese and **1/2 cup water** to a small saucepan over medium heat. Whisk until smooth and simmer for 2-3 minutes until heated through.



### 6. FINISH AND PLATE

Divide root vegetables, mushrooms and greens over plates. Serve with cheese sauce to taste.

**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**

