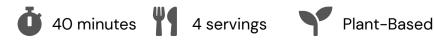


Product Spotlight: Parsnip

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

Walnut Crumbed Mushrooms With Veggie Hash

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



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.

FROM YOUR BOX

POTATOES	600g
PARSNIPS	3
WALNUTS	1 packet (60g)
RED ONION	1/4 *
FIELD MUSHROOMS	600g
SUGAR SNAP PEAS	1 bag (150g)
BROCCOLINI	1 bunch
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 sugar snap peas and slice broccolini. 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.



