



Product Spotlight: Mushrooms


It is best to store mushrooms in the paper bags they are packed in as it allows them to breathe. Air-tight containers will cause condensation, and this will spoil them.



Mushroom Stroganoff with Pasta

A creamy cashew sauce-based pasta with mushrooms sautéed with thyme and sun-dried tomatoes for a boost of flavour.

 25 minutes

 2 servings

 Plant-Based

4 August 2023

Change the sauce!

You can blend the sun-dried tomatoes with the cashew mix to make a creamy tomato sauce instead!

Per serve: **PROTEIN** 27g **TOTAL FAT** 14g **CARBOHYDRATES** 111g

FROM YOUR BOX

CASHEW/NUTRITIONAL YEAST MIX	1 packet
GRAIN PASTA	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	300g
THYME	1 packet
SUN-DRIED TOMATOES	1 tub
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce or tamari, white wine vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



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1. SOAK THE CASHEWS

Soak cashew/nutritional yeast mix with **1/2 tbsp vinegar** and **1 cup warm water**. Set aside.



2. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** to cook according to packet instructions until al dente. Reserve **1/2 cup cooking water** before draining. Set aside.



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Dice onion and thickly slice mushrooms. Add to pan along with **1 tbsp thyme leaves** (see notes). Cook for 6-8 minutes until golden. Slice and stir through sun-dried tomatoes. Reduce heat to low.



4. BLEND THE SAUCE

Blend soaked cashew/nutritional yeast mix with soaking liquid using a stick mixer until smooth. Season with **salt**.



5. TOSS THE PASTA

Toss cooked pasta into pan along with blended sauce, reserved cooking water and **1/2 tbsp soy sauce** until well coated. Stir through spinach until wilted. Season with **salt and pepper**.



6. FINISH AND SERVE

Garnish pasta with extra thyme leaves. Serve at the table.

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**

