




Product Spotlight: Field 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.



Chimichurri Mushrooms with Sweet Potato

A hearty flavourful meal featuring grilled field mushrooms served with a spicy avocado chimichurri sauce, sweet potatoes and seasonal leaves!

 35 minutes

 4 servings

 Plant-Based

Make a hash!

Dice sweet potatoes and mushrooms. Toss on a lined oven tray with spices of choice. Roast for 25 minutes and serve topped with chimichurri dressing.

Per serve: **PROTEIN** 10g **TOTAL FAT** 37g **CARBOHYDRATES** 45g

FROM YOUR BOX

SWEET POTATOES	800g
GARLIC CLOVE	1
PARSLEY	1 packet
SHALLOT	1
FIELD MUSHROOMS	600g
AVOCADOS	2
ROCKET & SPINACH LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine or balsamic vinegar, dried oregano, chilli flakes (optional)

KEY UTENSILS

oven tray, BBQ or griddle pan

NOTES

You can roast the mushrooms for 15–20 minutes on each side if you prefer.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Halve or wedge sweet potatoes and toss with **oil, salt and pepper** on a lined oven tray. Roast for 25 minutes or until golden and tender.



4. ADD THE AVOCADO

Dice avocados and toss in the chimichurri dressing to coat.



2. PREPARE THE CHIMICHURRI

Crush garlic and finely chop parsley and shallot. Add to a bowl with **1/4 cup olive oil, 1/4 cup vinegar, 2 tsp dried oregano and 1 tsp chilli flakes** (optional). Season well with **salt and pepper**.



5. FINISH AND SERVE

Serve grilled mushrooms with sweet potatoes, avocado chimichurri, rocket and spinach leaves.



3. COOK THE MUSHROOMS

Trim the mushroom stems and rub with 2–3 tbsp of chimichurri dressing. Heat the BBQ or a fry/griddle pan over medium–high heat (see notes). Add mushrooms and cook for 4–5 minutes on each side or until tender.

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**

