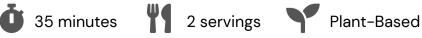


Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.

White Bean Stuffed Mushrooms 4 with Rocket Salad

Roast flat mushrooms stuffed with a sun-dried tomato and white bean mix, served alongside baby root vegetables and a pear and rocket salad.









Fennel seeds, dried oregano and chilli flakes work well in the bean stuffing mix for extra flavour!

FROM YOUR BOX

BABY POTATOES	400g
DUTCH CARROTS	1 bunch
SUN-DRIED TOMATOES	1 packet
WHITE BEANS	1 tin (400g)
FIELD MUSHROOMS	400g
GREEN PEAR	1
RADISHES	1/3 bunch *
WALNUTS	1 packet (40g)
ROCKET LEAVES	1 bag (60g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1 clove), red wine vinegar, dried tarragon

KEY UTENSILS

2 oven trays

NOTES

You can use the oil from the tomatoes to coat the mushrooms.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve potatoes and trim carrots. Toss on a lined oven tray with **1/2 tsp dried tarragon**, **oil, salt and pepper**. Roast in oven for 20-25 minutes until golden and cooked through.



2. PREPARE THE STUFFING

Chop sun-dried tomatoes. Drain the beans and roughly mash. Combine with 1 crushed garlic clove, salt and pepper.



3. ROAST THE MUSHROOMS

Coat mushrooms with **oil**, **salt and pepper**. Place on a lined oven tray and fill with stuffing. Roast in oven for 15 minutes.



4. PREPARE THE SALAD

Slice pear and radishes. Roughly chop walnuts. Toss together with rocket leaves. Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**. Toss through salad.



5. FINISH AND PLATE

Divide roast veggies, mushrooms and salad among plates.

