




### 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.



## 4 White Bean Stuffed Mushrooms 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.

 35 minutes

 2 servings

 Plant-Based

4 January 2021

## Spice it up!

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

Per serve: **PROTEIN** 44g **TOTAL FAT** 33g **CARBOHYDRATES** 137g

## 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.

**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**

