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hello@hellofresh.com.au | (02) 8188 8722

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Roasted Field Mushrooms with Beetroot & Quinoa Salad

This wonderful roasted mushroom supper is every bit as colourful as it is healthy, as fresh as it is unforgettable. A hum of rich mushroom, peppery edged rocket, fresh clean flavours of beetroot, creamy goat cheese and nutty toasted sunflower seeds fills each and every bite of this dinner with joyous colours and textures.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high
protein



gluten
free

Pantry Items



Olive Oil



Water



Red Wine
Vinegar



Field Mushroom



Sunflower Seeds



Quinoa



Beetroot



Rocket



Chevre Goat Cheese

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2P	4P	Ingredients
4	8	field mushrooms
1 ½ tbs	3 tbs	olive oil *
1 tbs	2 tbs	sunflower seeds
¾ cup	1 ⅓ cups	quinoa, rinsed well
2 cups	4 cups	water *
1	2	beetroot, washed & grated
1 bag	2 bags	rocket, washed
2 tbs	4 tbs	red wine vinegar *
½ block	1 block	chevre goat cheese, torn into chunks

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2370	Kj
Protein	30.6	g
Fat, total	25.1	g
-saturated	5.7	g
Carbohydrate	51.3	g
-sugars	5.5	g
Sodium	167	mg



You will need: *chef's knife, chopping board, sieve, box grater, baking paper lined oven tray, small frying pan, medium saucepan and a medium bowl.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **field mushrooms** cut side up on the prepared oven tray and drizzle with the **olive oil**. Season with **salt** and **pepper** and cook in the oven for **20-25 minutes** or until tender.

3 Meanwhile, place a small frying pan over a medium heat. Add the **sunflower seeds** and cook, tossing, for **1-2 minutes** or until toasted. Remove from the pan and set aside.

4 Place the **quinoa** and **water** in a medium saucepan and bring to the boil. Reduce to a simmer and cook, uncovered, for **12-15 minutes** or until tender. Drain. Transfer to a medium bowl. Stir through the **beetroot**, sunflower seeds, and **rocket**. Drizzle with a little olive oil and the **red wine vinegar**. Season with salt and pepper.

5 To serve, divide the beetroot quinoa and mushrooms between plates. Top the hot mushrooms with the **goat cheese**.



Did you know? Beetroot has long been considered a natural medicine and some modern research has found that it lowers blood pressure in hypersensitive people.