

GOLDEN GARLIC & FETTA STUFFED MUSHROOMS

with Roast Veggie Salad



Big field mushrooms are the perfect vehicle for a golden, crunchy and cheesy stuffing, which gets baked in the oven for a

delightful main event. Served with a colourful roasted salad, this is the most delicious way to get your greens!



Use panko breadcrumbs to make a mushroom stuffing







Butternut Pumpkin





Field Mushrooms





Panko Breadcrumbs



Fetta

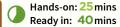


Dijon Mustard



Mixed Salad

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey





Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• two oven trays lined with baking paper • medium frying pan



ROAST THE VEGGIES

Preheat the oven to 220°C/200°C fanforced. Cut the beetroot into 1cm chunks. Peel the butternut pumpkin (see ingredients list) and cut into 2cm chunks. Place the pumpkin and beetroot on an oven tray lined with baking paper. Season with salt and pepper and drizzle with olive oil. Toss to coat, then roast until tender, 25-30 minutes.

*TIP: Beetroot retains its firmness when cooked. It's done when you can pierce it with a fork. Keep the pumpkin unpeeled if you prefer!



2 BAKE THE FIELD MUSHROOMS
While the veggies are roasting, trim
the stalks on the field mushrooms. Rub
the mushrooms with a little olive oil and
season with salt and pepper. Arrange the
mushrooms, stalk side-side up, on a second
oven tray lined with baking paper. Bake for
15 minutes.



MAKE THE STUFFING

While the mushrooms are baking, finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley**. Heat a medium frying pan over a medium-high heat with a **generous drizzle** of **olive oil**. Add the **panko breadcrumbs** (**see ingredients list**) and cook, stirring regularly, until golden brown, **1-2 minutes**. Add the garlic and parsley and cook until fragrant, **1-2 minutes**. Season to taste with **salt** and **pepper**. Transfer to a bowl and crumble in the **fetta**. Stir to combine.



After 15 minutes, remove the mushrooms from the oven and carefully pat dry with a paper towel. *TIP: This prevents the stuffing from getting soggy! Spoon the panko-fetta stuffing into each mushroom. Bake until the mushrooms are tender and the stuffing is golden, 5-10 minutes.



While the mushrooms are baking, combine the Dijon mustard (see ingredients list), balsamic vinegar, honey and a drizzle of olive oil in a large bowl. Season with salt and pepper and mix well. Add the mixed salad leaves to the bowl with the dressing. Allow the pumpkin and beetroot to cool a little, then add to the bowl. Just before serving, toss to dress. Season to taste with salt and pepper. *TIP: Allowing the roasted veggies to cool, and tossing the salad just before serving will help keep the leaves crisp.



SERVE UPDivide the garlic and fetta stuffed mushrooms between plates. Serve with the roast veggie salad.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beetroot	1	2
butternut pumpkin	1/2	1
field mushrooms	4	8
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
fetta	1 block (50 g)	1 block (100 g)
Dijon mustard	1/2 tub (7.5 g)	1 tub (15 g)
balsamic vinegar*	1 tsp	2 tsp
honey*	1 tsp	2 tsp
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

PER SERVING	PER 100G
1810kJ (432Cal)	416kJ (99Cal)
16.3g	3.7g
28.6g	6.6g
7.2g	1.7g
23.7g	5.4g
12.1g	2.8g
381mg	88mg
	1810kJ (432Cal) 16.3g 28.6g 7.2g 23.7g 12.1g

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK20

