



# GOLDEN GARLIC & FETTA STUFFED MUSHROOMS

with Roast Veggie Salad



Use panko  
breadcrumbs to make a  
mushroom stuffing



Beetroot



Butternut Pumpkin



Field Mushrooms



Garlic



Parsley



Panko Breadcrumbs



Fetta



Dijon Mustard



Mixed Salad  
Leaves



Hands-on: **25** mins  
Ready in: **40** mins



Low calorie

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!

**Pantry Staples:** Olive Oil, Balsamic Vinegar,  
Honey



## BEFORE YOU START

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**



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. 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!



### 4 STUFF THE MUSHROOMS

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**.



### 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**.



### 5 DRESS THE SALAD

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.



### 3 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.



### 6 SERVE UP

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

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beetroot	1	2
butternut pumpkin	½	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	½ 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

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1810kJ (432Cal)	416kJ (99Cal)
Protein (g)	16.3g	3.7g
Fat, total (g)	28.6g	6.6g
- saturated (g)	7.2g	1.7g
Carbohydrate (g)	23.7g	5.4g
- sugars (g)	12.1g	2.8g
Sodium (g)	381mg	88mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2019 | WK20

HelloFRESH