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## Stuffed Fetta & Thyme Mushrooms with Fresh Rocket

These glorious bundles of joy won't fail to impress! Salty fetta and kalamata olives, smokey paprika and earthy thyme are the perfect ingredients to bring out the flavours of your roasted mushrooms. You won't believe how cheffy these little parcels turn out – whip 'em out if you're looking to impress!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



nut free

### Pantry Items



Olive Oil



Brown Onion



Garlic



Kalamata Olives



Smoked Paprika



Panko Breadcrumbs



Thyme



Fetta Cheese



Mushrooms



Rocket Leaves

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| 2P       | 4P        | Ingredients                                |   |
|----------|-----------|--|---|
| ½        | 1         | brown onion, finely chopped                | ⊕ |
| 1 clove  | 2 cloves  | garlic, peeled & crushed                   | ⊕ |
| 1 tub    | 2 tubs    | kalamata olives, pitted & diced            |   |
| 1 sachet | 2 sachets | smoked paprika                             |   |
| 1 packet | 2 packets | panko breadcrumbs                          |   |
| 1 bunch  | 2 bunches | thyme, finely chopped                      |   |
| 1 block  | 2 blocks  | fetta cheese, crumbled                     |   |
| 2 tbs    | 4 tbs     | olive oil *                                |   |
| 4        | 8         | field mushrooms, cups whole & stems sliced | 🌿 |
| 1 bag    | 2 bags    | rocket leaves, washed                      |   |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 1830 | Kj |
| Protein      | 16.8 | g  |
| Fat, total   | 27.7 | g  |
| -saturated   | 7.5  | g  |
| Carbohydrate | 26.3 | g  |
| -sugars      | 4.4  | g  |
| Sodium       | 809  | mg |



**You will need:** *chef's knife, chopping board, garlic crusher, large bowl, oven tray lined with baking paper and spoon.*

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

**2** Combine the **brown onion, garlic, kalamata olives, smoked paprika, panko breadcrumbs, thyme, fetta cheese** and **olive oil** in a large bowl. Add in the chopped mushroom stems and season well with **salt** and **pepper** to taste. Mix until well combined.

**3** Arrange the **mushroom cups** side up on a lined baking tray. Generously spoon the filling into each mushroom, drizzle over some olive oil and place the tray into the preheated oven. Bake for **20-25 minutes**, or until the topping is golden.

**4** To serve, divide the mushrooms between plates with the **rocket leaves** on the side. Simple and delicious!



**Did you know?** Mushrooms contain more protein than most vegetables.