



Everything  
But The Chef

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## Smokey Stuffed Mushrooms with Fetta & Thyme

These glorious bundles of autumnal 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 2



pantry items



Red Onion



Garlic



Kalamata Olives



Smoked Paprika



Panko Breadcrumbs



Thyme



Fetta



Field Mushrooms



Rocket

2P	4P	Ingredients
1/2	1	red onion, finely chopped
1	2	garlic clove, peeled & crushed
50 g	100 g	kalamata olives, pitted & diced
2 tsp	1 tbs	HelloFresh smoked paprika
50 g	100 g	Panko breadcrumbs
2 tsp	1 tbs	thyme, finely chopped
100 g	200 g	fetta, crumbled
2 tbs	4 tbs	olive oil *
4	8	mushrooms, cups whole & stems sliced
70 g	140 g	rocket, washed

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2330	Kj
Protein	22.8	g
Fat, total	35.5	g
-saturated	10.3	g
Carbohydrate	30.7	g
-sugars	10	g
Sodium	1100	mg

#### Measuretool

0 cm	1 cm	2 cm



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

**2** Combine the **red onion, garlic, kalamata olives, HelloFresh smoked paprika, Panko breadcrumbs, thyme, fetta, 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** Divide the mushrooms between plates and serve with **rocket** on the side. Simple and delicious!



**Did you know?** Approximately 6 out of 10 people have consumed mushrooms in the past week.