



More than Food

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Mushroom Ragu with Crispy Polenta Cakes

Mushrooms, thyme, and garlic are a match made in heaven. Folded into a cream sauce over pillows of crispy polenta, your senses will be delighted each time you take a bite. A tangy balsamic-arugula salad is the perfect side.



30 min



level 1



veggie



nut free



gluten free



Mushrooms



Polenta



Arugula



Garlic



Shallot



Thyme



Parsley



Sour Cream



Parmesan Cheese



Balsamic Vinegar



Vegetable Stock Concentrate

Ingredients		2 People	4 People
Mushrooms		8 oz	16 oz
Polenta		8 oz	16 oz
Arugula		2 oz	4 oz
Garlic		2 cloves	4 cloves
Shallot		1	2
Thyme		1 sprig	2 sprigs
Parsley		½ oz	1 oz
Sour Cream	1)	2 oz	4 oz
Parmesan Cheese	1)	¼ C	½ C
Balsamic Vinegar		2 T	4 T
Vegetable Stock Concentrate		1	2
Butter*	1)	1 T	2 T
Olive Oil*		2 T	4 T

*Not Included

Allergens

1) Milk

Tools

Large Pan, Baking Sheet, Medium Bowl

Ruler

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Nutrition per person Calories: 449 cal | Carbs: 35 g | Fat: 29 g | Protein: 15 g | Fiber: 4 g | Sodium: 773 mg

Make sure to wash and dry produce before prepping or cooking!

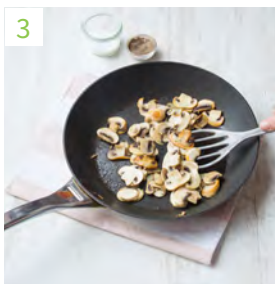


1 Preheat the oven to 300 degrees. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Halve, peel, and mince the **shallot**. Strip the **thyme leaves** off the sprig, then roughly chop. Finely chop the **parsley**. Slice **half the polenta** into ½-inch thick slices.

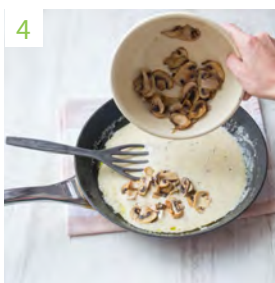
TIP: We are only using half the polenta for this recipe. Visit our recipe archive @hellofresh/recipes for ways to use the leftovers.



2 **Cook the polenta cakes:** heat **1 Tablespoon olive oil** in a large pan over medium-high heat. Once hot, sear the **polenta** for 2-3 minutes per side, until golden brown and crispy. Transfer to a baking sheet and place in the oven to keep warm.



3 **Start the mushroom ragu:** In the same pan, heat **1 Tablespoon butter** over medium-high heat. Add the **mushrooms** to the pan and cook, tossing, for 5-6 minutes, until golden brown. Season with **salt** and **pepper** and set aside.



4 **Finish the mushroom ragu:** add **1 teaspoon oil** to the same pan over medium heat. Add the **shallot, thyme, and garlic** to the pan and cook for 2-3 minutes, until softened. Add **½ cup water** and the **stock concentrate** to the pan. Bring the mixture to a boil, then reduce to a simmer and cook until reduced and thickened, 2-3 minutes. Remove the pan from the heat, then stir in the **sour cream, mushrooms, parsley, parmesan**, and a pinch of **salt** and **pepper**.

5 **Make the arugula salad:** toss the **arugula** in a medium bowl with **1 Tablespoon balsamic vinegar** and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

6 Plate the **polenta cakes** and top with the **mushroom ragu**. Serve the **arugula salad** to the side and enjoy!