



Everything But The Chef

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Stuffed Mushrooms with Garden Salad

It's a smoky thyme with these hearty stuffed field mushrooms. They're so simple to prepare, and plenty hearty to boot (2 types of cheese? Score!). Field mushrooms are just perfect for this recipe – not too large, but big enough to stuff loads of goodness like smoked paprika and fresh thyme into. With gooey, herby, cheesy mushrooms, the only thing you need to complete the package is a fresh, simple salad of rocket and sweet cherry tomatoes. Perfection!

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1
 one pan wonder

low carb

Pantry Items



Olive Oil
Balsamic Vinegar



Fine Breadcrumbs



Fetta Cheese



Parmesan Cheese



Smoked Paprika



Thyme



Parsley



Field Mushrooms



Rocket Leaves



Cherry Tomatoes

2P	4P	Ingredients
2 tbs	4 tbs	fine breadcrumbs
½ block	1 block	fetta cheese, crumbled
½ block	1 block	Parmesan cheese, finely grated
1 tsp	2 tsp	smoked paprika
1 bunch	2 bunches	thyme, leaves picked
½ bunch	1 bunch	parsley, finely chopped
2 tbs	4 tbs	olive oil *
4	8	field mushrooms, stems of mushrooms chopped
1 bag	2 bags	rocket leaves, washed
½ punnet	1 punnet	cherry tomatoes, halved
2 tsp	1 tbs	balsamic vinegar *

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1540	Kj
Protein	20.1	g
Fat, total	24.8	g
-saturated	8.2	g
Carbohydrate	12.4	g
-sugars	4.1	g
Sodium	560	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, box grater, medium bowl, oven tray lined with baking paper, and a large salad bowl.

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

2 Combine the **fine breadcrumbs**, **fetta cheese**, half of the **Parmesan cheese**, **smoked paprika**, **thyme**, **parsley** and half of the **olive oil** in a medium bowl. Season to taste with **salt** and **pepper**. Add in the chopped **field mushroom stems**. Mix until well combined.

3 Arrange the field mushrooms, cup side up, on a lined oven tray. Generously spoon the filling into each mushroom and sprinkle with the remaining Parmesan cheese. Cook in the oven for **20-25 minutes** or until the topping is golden.

4 Meanwhile, combine the **rocket leaves** and **cherry tomatoes** and drizzle with the remaining olive oil and the **balsamic vinegar**.

5 To serve, divide the stuffed mushrooms and salad between plates and dig in.



Did you know? Paprika is a National Spice in Hungary and even has a museum dedicated to it which can be found in the town of Kaloscsa.