



MAR  
2017

## Fried Polenta Cakes

with Mushroom Gravy and Arugula-Pine Nut Salad

Polenta is a tasty alternative to pasta and potatoes. It's made with cornmeal and typically served either creamy, like mashed potatoes, or firm. When cooled and firmed, it has a sliceable texture and can be baked, fried or even grilled!



Polenta



Arugula



White Mushrooms



Garlic



Shallot



Thyme



Vegetable Broth  
Concentrate



Pine Nuts



Balsamic Vinegar



Sour Cream



Parmesan Cheese

## Ingredients

Polenta	2)	1 tube (500 g)
Arugula		1 pkg (56 g)
White Mushrooms		1 pkg (227 g)
Garlic		1 pkg (10 g)
Shallot		1
Thyme		1 pkg (7 g)
Vegetable Broth Concentrate		1 pkg
Balsamic Vinegar	1)	½ bottle (1 tbsp)
Sour Cream	2)	1 pkg (3 tbsp)
Parmesan Cheese, shredded	2)	1 pkg (¼ cup)
Pine Nuts	3)	1 pkg (14 g)
Butter*	2)	1 tbsp
Olive or Canola Oil*		

## 2 People

\*Not Included

## Allergens

- 1) Sulphites/Sulfites
- 2) Milk/Lait
- 3) Treenuts/Noix

## Tools

Measuring Spoons, Large Non-Stick Pan, Medium Bowl, Whisk, Measuring Cups

Ruler

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**Nutrition per person** Calories: 448 cal | Fat: 21 g | Protein: 16 g | Carbs: 52 g | Fibre: 4 g | Sodium: 1395 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



**1 Prep: Wash and dry all produce.** Slice the **polenta** into ½-inch thick rounds. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Peel and finely chop the **shallot**. Strip **1 tsp thyme leaves** off the sprigs.

3



**2 Toast the pine nuts:** Heat a large non-stick pan over medium heat. Add the **pine nuts** to the dry pan. Cook, stirring often, until golden and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.

**3 Fry the polenta:** Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **sliced polenta**. Cook until golden-brown, 5-6 min per side. Transfer to a plate and cover to keep warm.

5



**4 Start the mushroom gravy:** Add the **butter**, **shallots**, **thyme** and **garlic** to the pan. Cook until softened, 2-3 min. Add the **mushrooms**. Cook, stirring often, until golden-brown, 7-8 min.

**5 Make the salad:** Meanwhile, in a medium bowl, whisk a drizzle of **oil** with ½ **bottle vinegar**. Season with **salt** and **pepper**. Toss in the **arugula** and **pine nuts**.

6



**6 Finish the mushroom gravy:** Add the **broth concentrate** and ⅓ **cup water** to the mushrooms. Bring to a boil, then remove the pan from the heat and stir in the **sour cream**. Season with **salt** and **pepper**.

**7 Finish and serve:** Plate the **polenta cakes** and drizzle with the **mushroom gravy**. Sprinkle with **Parmesan cheese**. Serve the **arugula salad** on the side and enjoy!

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