

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!







Veggie







Arugula



White Mushrooms



Garlio



Shallo



Thyme



Vegetable Broth Concentrate









Parmesan Cheese

Balsamic Vinegar

Ingredients		2 People
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*		

*Not Included

Allergens

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

Tools

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

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.

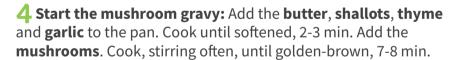


1 Prep: Wash and dry all produce. Slice the polenta into ½-inch thick rounds. Thinly slice the mushrooms. Mince or grate the garlic. Peel and finely chop the shallot. Strip 1 tsp thyme leaves off the sprigs.





3 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** 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 Finish the mushroom gravy: Add the broth concentrate and ½ 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!