



Chargrilled Capsicum Stuffed Mushrooms with Caramelised Onion & Spiced Potatoes

Grab your Meal Kit
with this symbol



Potato



Aussie Spice
Blend



Portabello
Mushrooms



Garlic



Panko Breadcrumbs



Red Onion



Chargrilled
Capsicum Relish



Greek Salad
Cheese/Feta Cheese



Tomato



Mixed Salad
Leaves



Garlic Aioli

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Calorie Smart

Big portabello mushrooms are the perfect vehicle for a golden, crunchy and cheesy stuffing, which gets baked in the oven for a delightful main event. Served with a colourful garden salad, this is the most delicious way to get your greens!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 medium sachet	1 large sachet
portabello mushrooms	1 packet	2 packets
garlic	2 cloves	4 cloves
panko breadcrumbs	1 packet	1 packet
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
chargrilled capsicum relish	1 packet	1 packet
Greek salad cheese/ feta cheese	½ block (25g)	1 block (50g)
tomato	1	2
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2111kJ (504Cal)	332kJ (79Cal)
Protein (g)	17g	2.7g
Fat, total (g)	18.2g	2.9g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	62.7g	9.9g
- sugars (g)	13.1g	2.1g
Sodium (mg)	1247mg	196mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks and place on a lined oven tray. Sprinkle over the **Aussie spice blend**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.



Add the stuffing

While the onion is cooking, combine the **chargrilled capsicum relish** and crumbled **cheese** in a second small bowl. Season. When the **mushrooms** are done, remove from the oven and carefully pat dry with paper towel. Spoon the **capsicum mixture** into each **mushroom** and sprinkle over the **panko-garlic crumb**. Bake until the mushrooms are tender and the stuffing is golden, **5-10 minutes**.

TIP: *Patting the mushroom dry helps to keep the crumb crisp!*



Bake the mushrooms

While the potato is roasting, cut the stalks off the **portabello mushrooms**. Rub the **mushrooms** with a drizzle of **olive oil**, then season with **salt** and **pepper**. Arrange the **mushroom** cups, bottom-side up, on a second lined oven tray. Bake for **10 minutes**. Meanwhile, finely chop the **garlic**. In a small bowl, combine the **panko breadcrumbs**, **garlic** and a drizzle of **olive oil**. Season and set aside.



Make the salad

While the mushrooms are baking, roughly chop the **tomato**. In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season. Add the **mixed salad leaves** and **tomato**, then toss to coat.



Caramelize the onion

Thinly slice the **red onion**. In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Remove from the heat and set aside.



Serve up

Divide the chargrilled capsicum stuffed mushrooms, spiced potatoes and garden salad between plates. Top the mushrooms with the caramelised onion. Serve with the **garlic aioli**.

Enjoy!