



BASIL PESTO & PECORINO BAKED FIELD MUSHROOMS

with Candied Sunflower Seed Salad



Make candied sunflower seeds



Garlic



Field Mushrooms



Panko Breadcrumbs



Basil Pesto & Pecorino Dip



Sunflower Seeds



Roma Tomato



Mixed Salad Leaves

Hands-on: **20 mins**
Ready in: **25 mins**
Low calorie

Candied sunflower seeds? Yeah, we know, pretty fancy. Save this dish for date night: it's healthy, but feels really special and tastes twice as good. Just the thing when love is in the air.

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, two medium bowls, oven tray lined with baking paper, spoon, medium frying pan, wooden spoon and baking paper.**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the stalks off the **field mushrooms** and finely chop (leave the mushroom cups whole). Peel and crush the **garlic**. In a medium bowl, combine the chopped mushroom stalks and the **basil pesto & pecorino dip** and loosen with **water (2 tbs for 2 people / 1/3 cup for 4 people)**. Add the **panko breadcrumbs (use suggested amount)**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Mix well.



2 STUFF THE MUSHROOMS

Arrange the **mushroom** cups on the oven tray lined with baking paper. Rub both sides of the mushrooms with a **good drizzle of olive oil**, a **good pinch of salt** and a **pinch of garlic**. Spoon the **pesto-breadcrumb filling** into each mushroom. Place the mushrooms on the top rung of the oven to bake for **15-20 minutes**, or until the mushrooms are soft and the stuffing is lightly golden.



3 TOAST THE SUNFLOWER SEEDS

While the mushrooms are cooking, heat a medium frying pan over a medium-high heat. Add the **sunflower seeds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



4 CANDY THE SUNFLOWER SEEDS

Return the frying pan to the heat and add the **brown sugar, water (check ingredients list for the amount)** and a **pinch of salt** and cook until bubbling. Return the **sunflower seeds** to the pan and cook, stirring, for **2 minutes**, or until the caramel has thickened and become sticky. **TIP:** *Cooking the seeds and caramel for the allocated time will ensure the coating is crunchy and not chewy.* Remove from the pan and spread out on a sheet of baking paper to cool. Once cool, break up into small pieces.



5 MAKE THE SALAD

Slice the **Roma tomato** into half-moons. In a medium bowl, combine the **balsamic vinegar, honey and olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season to taste with **salt and pepper** and mix well. Add the **tomato, mixed salad leaves** and candied **sunflower seeds**. Toss to coat. **TIP:** *Toss the salad just prior to serving to prevent soggy leaves.*



6 SERVE UP

Divide the basil pesto & pecorino baked field mushrooms and the candied sunflower seed salad between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
field mushrooms	4	8
garlic	1 clove	2 cloves
basil pesto & pecorino dip	1 tub (75 g)	1 tub (150 g)
panko breadcrumbs	½ packet (½ cup)	1 packet (1 cup)
sunflower seeds	1 packet	2 packets
brown sugar*	1½ tbs	3 tbs
water*	2 tsp	1 tbs
Roma tomato	1	2
balsamic vinegar*	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1620kJ (386Cal)	378kJ (90Cal)
Protein (g)	15.7g	3.7g
Fat, total (g)	23.8g	5.6g
- saturated (g)	7.4g	1.7g
Carbohydrate (g)	22.7g	5.3g
- sugars (g)	13.9g	3.3g
Sodium (g)	172mg	40mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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