



Everything But The Chef

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Stuffed Mushrooms with Zucchini & Olive Salad

Mushrooms are often considered the meat of the vegetarian world because of their substantial texture and adaptable flavour. Just like a schnitzel, we've stuffed these mushrooms with a delicious, pecorino crumb and have added some lemon zest for a hint of zing - the perfect pairing for a fragrant and herby salad with absolutely no boring bits.

Prep: 15 mins
Cook: 25 mins
Total: 40 mins

level 2
high fibre

Pantry Items



Olive Oil



Fine Breadcrumbs



Fetta Cheese



Lemon



Thyme



Parsley



Pecorino Cheese



Field Mushrooms



Zucchini




Fennel




Green Olives



Walnuts

2P	4P	Ingredients
2 tbs	4 tbs	fine breadcrumbs 
½ block	1 block	fetta cheese, crumbled 
½	1	lemon, zested & juiced
1 bunch	2 bunches	thyme, finely chopped
1 bunch	2 bunches	parsley, finely chopped
2 tbs	4 tbs	olive oil *
4	8	field mushrooms, cups whole & stems finely chopped A
½ block	1 block	pecorino cheese, finely grated 
1	2	zucchini, peeled into ribbons
½ bulb	1 bulb	fennel, finely shaved
¼ cup	½ cup	pitted green olives, halved (check for pits)
¼ cup	½ cup	walnuts

 May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2060	Kj
Protein	19.5	g
Fat, total	37.9	g
-saturated	8.6	g
Carbohydrate	15.8	g
-sugars	5.9	g
Sodium	814	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, zester, grater, vegetable peeler, large bowl, oven tray lined with baking paper, small bowl/jug, large bowl, and a whisk.

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Combine the **fine breadcrumbs**, **fetta cheese**, **lemon zest**, **thyme**, half of the **parsley** and half of the **olive oil** in a large 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 tray. Generously spoon the filling into each mushroom and sprinkle with half of the **pecorino cheese**. Cook in the oven for **20-25 minutes** or until the topping is golden.
- 4 Meanwhile, in a small bowl or jug, whisk together the **lemon juice**, remaining olive oil and salt and pepper. Set aside.
- 5 In a large bowl, combine the **zucchini**, **fennel**, **pitted green olives**, **walnuts**, remaining parsley and remaining pecorino cheese. Drizzle with the dressing and toss to coat well.
- 6 Divide the mushrooms and zucchini salad between plates to serve.

Did you know? Mushrooms are a great vegetarian source of Vitamin D. If you put them in the sun for 10 minutes before cooking, you'll increase their Vitamin D count too!