



# Lasagne Stuffed Field Mushrooms

with Herbed Tomato Sauce & Side Salad



Fill mushroom cups with homemade tomato sauce and cheese



Field Mushrooms



Garlic



Parmesan Cheese



Philadelphia Cream Cheese



Dried Oregano



Tomato Paste



Brown Onion



Sunflower Seeds



Mixed Salad Leaves

**Pantry Staples:** Olive Oil, Egg, Milk, White Wine Vinegar, Water, Brown Sugar, Salt

Hands-on: 10 mins  
Ready in: 30 mins

A lot of the time, messing with nature is like trying to improve on perfection – unsuccessful and unnecessary. In this case though, mushroom tops are the perfect base for just a little bit of man-made help. We think you’ll agree that these lasagne stuffed mushrooms are an acceptable exception!

# BEFORE YOU START

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



## 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely grate the **Parmesan cheese**. Finely chop the **brown onion**. Slice the stalks off the **field mushrooms** and finely chop (leave the mushroom cups whole). Peel and crush the **garlic**.



## 4 BAKE THE MUSHROOMS

Arrange the **mushroom cups** bottom-side-up on the oven tray lined with baking paper. Spoon the **cheese filling** into each mushroom and top with the **tomato sauce** and **remaining Parmesan cheese**. Place the mushrooms in the oven to bake for **20-25 minutes**, or until the cheese is golden.



## 2 PREPARE THE CHEESE FILLING

In a medium bowl, combine the **egg, milk, Philadelphia cream cheese** and **3/4** of the **Parmesan cheese**. Season with a **pinch of salt** and **pepper** and whisk together with a fork. Set aside.

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.



## 5 PREPARE THE SALAD

In a second medium bowl, combine the **remaining dried oregano, a drizzle of olive oil** and the **white wine vinegar**. Season with a **pinch of salt** and **pepper** and mix well. Add the **mixed salad leaves** and toasted **sunflower seeds** and toss to coat. **TIP:** Dress the salad just before serving to avoid soggy leaves.



## 3 MAKE THE TOMATO SAUCE

Return the same medium pan to the heat and add a **drizzle of olive oil**. Add the **brown onion** and chopped **mushroom stalks** and cook for **5 minutes**, or until softened. Add all the **garlic** and **1/2** of the **dried oregano** and cook for **1-2 minutes**, or until fragrant. Add the **tomato paste, warm water (check ingredients list for the amount), brown sugar** and **salt (use the suggested amount)**. Season to taste with a **pinch of pepper** and mix well. Remove from the heat.



## 6 SERVE UP

Divide the lasagne stuffed mushrooms and the salad between plates.

Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Parmesan cheese	1 block (50 g)	1 block (100 g)
brown onion	1	2
field mushrooms	4	8
garlic	1 clove	2 cloves
egg*	1	2
milk*	2 tbs	4 tbs
Philadelphia cream cheese	1 tub (40 g)	2 tbs (80 g)
sunflower seeds	1 sachet (2 tbs)	2 sachets (4 tbs)
dried oregano	1 sachet (2 tsp)	2 sachets (4 tsp)
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
warm water*	1/2 cup	3/4 cup
brown sugar*	1 pinch	2 pinches
salt*	1/2 tsp	1 tsp
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1860kJ (446Cal)	403kJ (97Cal)
Protein (g)	25.6g	5.5g
Fat, total (g)	33.1g	7.2g
- saturated (g)	11.1g	2.4g
Carbohydrate (g)	7.2g	1.6g
- sugars (g)	7.0g	1.5g
Sodium (g)	1390mg	301mg

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