

MARLEY SPOON



Warm Roasted Mushrooms

with Basmati and Quinoa Salad



20-30min



2 Portions

This protein-packed dinner is just the thing for vegetarians and vegans as it's full of nutritious mushrooms. Being autumn, mushrooms are at their absolute peak at the moment and they're bursting with flavour. Roasting the mushrooms really accentuates their flavour and they're the perfect addition to this satisfying salad.

What we send

- baby spinach leaves
- parsley and 2 garlic cloves
- walnuts ¹⁵
- brown basmati and quinoa
- lemon
- portobello mushrooms
- button mushrooms

What you'll require

- extra virgin olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 490.0kcal, Fat 27.4g, Proteins 14.8g, Carbs 40.2g



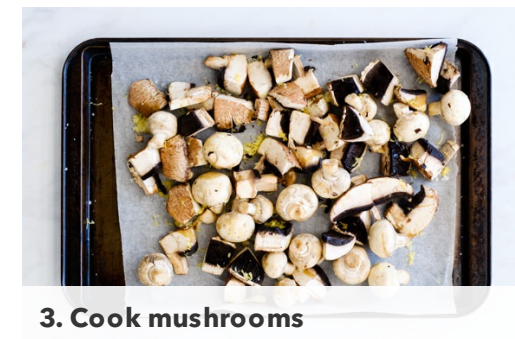
1. Prepare mushrooms

Preheat oven to 220C. Line an oven tray with baking paper. Wipe any dirt from **mushrooms** and cut **portobello mushrooms** into halves or quarters so the portobello and button mushrooms are about the same size.



2. Prepare ingredients

Crush or finely chop the **garlic**. Finely grate the **lemon** zest and juice the lemon into a separate bowl.



3. Cook mushrooms

Place the **mushrooms, garlic, lemon zest, 1 tbs oil** on the prepared tray. Season with **salt and pepper** and toss well. Roast for 20 mins, stirring halfway through, until the mushrooms are golden and softened.



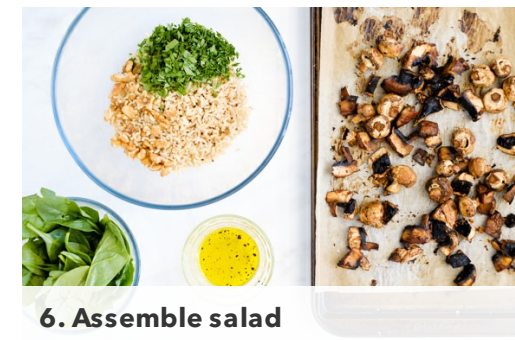
4. Cook quinoa

Heat the **rice and quinoa** according to packet instructions. Transfer to a bowl.



5. Make dressing

Meanwhile, combine 2 tbs **oil** with 2 tbs **lemon juice** (reserving the rest for another use) in a small bowl and season with **salt and pepper**.



6. Assemble salad

Pick the **parsley** leaves (discard stems) and finely chop. Add the **mushrooms, baby spinach, parsley, dressing** and **walnuts** to the **rice and quinoa** and gently toss to combine. Serve warm.