

DINNERLY



Balsamic-Roasted Mushrooms with Creamy Polenta



20-30 minutes



2 Servings

Bring a delicious meat-free meal to the table without batting an eye. Drizzle mushies, capsicum and garlic with honey-balsamic dressing and whip up a creamy, cheesy polenta while they're roasting. Scoop onto plates and stop hunger in its tracks.

WHAT WE SEND

- capsicum
- cherry tomatoes
- polenta
- mushrooms
- vegetable stock cube
- onion
- parmesan ⁷

WHAT YOU NEED

- balsamic vinegar ¹⁷
- boiling water
- garlic clove
- Australian honey
- olive oil
- sea salt and pepper

TOOLS

- baking paper
- fine grater
- medium saucepan
- roasting pan or oven tray

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

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 425kcal, Fat 17.9g, Carbs 43.0g, Proteins 17.2g



1. Prep vegetables

Preheat oven to 220C. Line 2 oven trays with baking paper. Coarsely chop the **capsicum** into 3cm chunks, discarding the seeds and membrane. Cut the **onion** into wedges. Thinly slice **1 garlic clove**. Put the capsicum, onion, garlic and **tomatoes** on one lined tray. Quarter or halve the **mushrooms**, depending on their size, and put on the second lined tray.



2. Roast vegetables

Whisk **1 tbs balsamic vinegar**, **1 tbs olive oil** and **2 tsp honey** in a small bowl and season with **salt and pepper**. Drizzle the **dressing** over the vegetables in each tray, toss to coat, then spread in a single layer. Roast **tomato mixture** on a higher shelf and **mushrooms** on a lower shelf in the oven for 18-20 mins until tender and golden.



3. Simmer stock

Meanwhile, finely grate the **parmesan**. Crumble the **stock cubes** into a medium saucepan over medium-low heat, add **750ml (3 cups) boiling water** and stir until dissolved. Cover with a lid and keep at a simmer until needed.



4. Cook polenta

After the vegetables have roasted for 15 mins, bring the **stock** to the boil, then gradually add the **polenta**, stirring constantly to avoid any lumps. Reduce the heat to medium-low and cook, stirring regularly, for 3 mins or until slightly thickened. Remove from the heat, stir in **half the parmesan** and season well with **salt and pepper**.



5. Serve up

Divide the **polenta** and **roasted vegetables** among plates and spoon over any pan juices. Scatter over the remaining **parmesan** to serve.



6. Kitchen hack

Add extra flourish and fragrance by scattering over finely shredded basil leaves to serve.