



Avocado Cobb Salad

with Maple-Roasted Mushrooms and P...



20-30min



2 Portions

Nothing says "Eat Me" like a bowl brimming with colourful salad. And if you think salad's just for the rabbits, think again - this one will fill you up. It's got egg, avo, parmesan and meaty mushrooms too, roasted in soy and maple syrup for ultra depth of flavour.

What we send

- mushroom
- baby cos lettuce
- maple syrup
- corn cob
- tomato
- parmesan ⁷
- spring onion
- avocado

What you'll require

- Dijon mustard ¹⁷
- eggs ³
- olive oil
- sea salt and pepper
- soy sauce ⁶

Utensils

- baking paper
- oven tray
- paper towel
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 599kcal, Fat 44.8g, Carbs 25.0g, Proteins 18.6g



1. Prepare ingredients

Heat the oven to 220C. Line an oven tray with baking paper. Remove and discard the husk and silks from the **corn**. Using paper towel, wipe any dirt from the **mushrooms**. Halve the mushrooms, then thinly slice. Bring a medium saucepan of water to the boil for the corn.



4. Prepare salad ingredients

Meanwhile, coarsely chop the **tomato**. Thinly slice the **spring onion**. Shave **half the parmesan** using a vegetable peeler (the remaining parmesan won't be used in this dish). Thinly slice the **avocado**. Slice the **corn kernels** from the cob.



2. Make mushroom 'bacon'

Combine **2 tsp olive oil**, **2 tsp soy sauce** and **2 tsp of the maple syrup** in a medium bowl. Add the **mushrooms** and toss to coat. Put the mushrooms on the lined tray and roast, turning halfway, for 15-20 mins until dark golden and crisp. Meanwhile, cook the **corn** in the pan of boiling water for 3-4 mins until tender. Using tongs, remove the corn from the pan.



5. Make dressing

Put **1½ tbs olive oil**, **1 tbs red wine vinegar**, **1 tsp Dijon mustard** and **½ tsp maple syrup** (the remaining maple syrup won't be used in this dish) in a small bowl, season with **salt and pepper** and whisk to combine.



3. Cook eggs

Return the pan of water to the boil, add **2 eggs** and cook for 7 mins, for soft-boiled or 8 mins, for hard-boiled. Drain the eggs and put in a bowl of cold water to cool, then peel and cut into wedges.



6. Get ready to serve

Separate the **lettuce leaves** into a large bowl, add **half the dressing** and toss to coat. Divide the **dressed lettuce**, **tomato**, **avocado**, **corn**, **mushroom 'bacon'** and **egg** among plates. Drizzle over the **remaining dressing** and scatter over the **parmesan** and **spring onion** to serve.