



## Avocado Cobb Salad

with Maple-Roasted Mushrooms and P...



20-30min



4 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

- corn cob
- spring onion
- maple syrup
- mushroom
- baby cos lettuce
- tomato
- parmesan <sup>7</sup>
- avocado

## What you'll require

- Dijon mustard <sup>17</sup>
- eggs <sup>3</sup>
- olive oil
- sea salt and pepper
- soy sauce <sup>6</sup>

## Utensils

- baking paper
- medium saucepan
- oven tray
- paper towel

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 595kcal, Fat 44.2g, Carbs 25.0g, Proteins 19.1g



### 1. Prepare ingredients

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



### 2. Make mushroom 'bacon'

Combine **1 tbs olive oil**, **1 tbs soy sauce** and **1 tbs of the maple syrup** in a large 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.



### 3. Cook eggs

Return the pan of water to the boil, add **4 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.



### 4. Prepare salad ingredients

Meanwhile, coarsely chop the **tomatoes**. Thinly slice the **spring onions**. Shave the **parmesan** using a vegetable peeler. Thinly slice the **avocado**. Slice the **corn kernels** from the cobs.



### 5. Make dressing

Put **60ml (1/4 cup) olive oil**, **2 tbs red wine vinegar**, **2 tsp Dijon mustard** and **1 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.



### 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.