



# DINNERLY



## Roasted Mushrooms & Kale with Creamy Polenta

 30-40min  2 Servings

Onions, meaty cremini mushrooms, and kale roast in the oven while you prepare creamy polenta. The roasted veggies get tossed in sherry vinegar while they are still hot so that they really sponge up the bright flavor. Once the veggies hit the polenta, the flavors mingle, along with nutty Parmesan cheese and black pepper. Nutritious? check. Decadent? check. We've got you covered!

#### WHAT WE SEND

- cremini mushroom
- curly kale
- sherry vinegar
- red onion
- quick-cooking polenta

#### WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

#### TOOLS

- rimmed baking sheet
- small saucepan

#### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 516.0kcal, Fat 27.9g, Proteins 15.0g, Carbs 54.4g



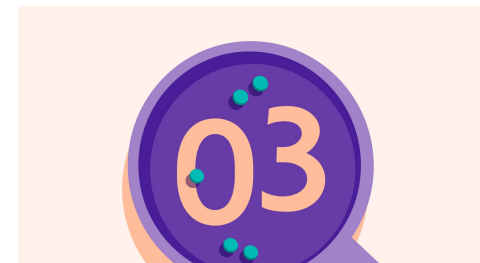
#### 1. Prep ingredients

Preheat oven to 450°F. Trim stems from **mushrooms** and halve (or quarter if large). Trim ends from **onion**, then halve, peel, and thinly slice about 1¼ cups through the root end. Strip **kale leaves** from stems and tear into bite-size pieces. Grate **Parmesan**.



#### 2. Roast mushroom & onion

On a baking sheet, toss **mushrooms** and **onion** with 1 **tablespoon oil**, ½ **teaspoon salt**, and a **few grinds pepper**. Roast until vegetables begin to soften, 10–15 minutes.



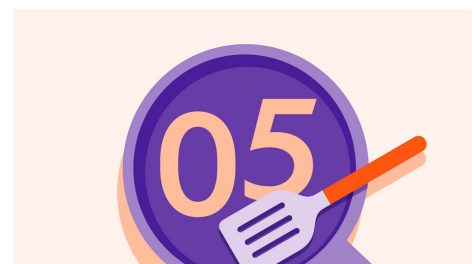
#### 3. Add kale

Meanwhile, in a large bowl, toss **kale** with 2 **tablespoons water**, 1½ **tablespoons oil**, ¼ **teaspoon salt**, and a **few grinds pepper**. Scatter kale and liquid from bowl over **mushrooms** and **onions**, and continue to roast until kale has wilted and vegetables are tender, 5–10 minutes.



#### 4. Make polenta

In a small saucepan, bring 2½ **cups water** to a boil. Slowly whisk in **polenta** and 1 **teaspoon salt**; cook over low, stirring occasionally, until grains are tender and polenta is thickened, 6–8 minutes. Stir in 1 **tablespoon oil** and **half of the Parmesan**. Season to taste with **salt** and **pepper**.



#### 5. Finish & serve

Remove **vegetables** from oven and pour **vinegar** over the top. Toss to combine; season to taste with **salt** and **pepper**. Serve **polenta** topped with **roasted vegetables**. Drizzle with **olive oil** and top with **remaining Parmesan** and a **few grinds pepper**. Enjoy!



#### 6. Put an egg on it!

If you were so inclined, you might soft boil, poach, or fry an egg and serve it on top so that the yolk runs over the veggies and polenta to act as a rich sauce.