

UCOOK

Crumbed Mushroom Salad

with charred patty pans

Let's turn crumbed mushrooms from the starter section on the menu to the main star of the meal, Chef! Pankocrumb-coated crispy button mushrooms on a bed of greens are dolloped with a slightly spicy chimichurri mayo. Served with pan-fried patty pans and bell peppers.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemimah Smith

Veggie

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

30g	Almonds
120ml	Flour Mix <i>(60ml Cornflour, 7,5ml Garlic Powder, 7,5ml Smoked Paprika & 45ml Self-raising Flour)</i>
150ml	Panko Breadcrumbs
375g	Button Mushrooms <i>wipe clean & trim stems</i>
240g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>
150ml	Chimichurri Mayo <i>(60ml Pesto Princess Chimichurri Sauce & 90ml Mayo)</i>
120g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. AND... NOW FOR THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. MMMUSHROOMS To a bowl, add the flour mix and gradually whisk in 150ml of water until a smooth batter forms - it should be thick enough to coat a spoon. Season well. Place the breadcrumbs in a separate bowl. Set aside. Coat the trimmed mushrooms in the batter first, then lightly coat in the breadcrumbs. Place a clean pan over medium heat with 3-4cm of oil. When hot, carefully lower the crumbed mushrooms into the hot oil and fry until golden and cooked through, 4-5 minutes (shifting as they colour). Drain on paper towel and season.

3. VEGGIE MEDLEY Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pan pieces & bell pepper strips until charred, 5-6 minutes. Remove from the pan and season.

4. CHIMI-MAYO Loosen the chimichurri mayo with water in 5ml increments until drizzling consistency. Season and set aside.

5. YUM! Serve the shredded leaves as the base of the salad topped with the charred patty pans & peppers, and the crumbed mushrooms. Drizzle over the chimichurri mayo and garnish with the toasted nuts. Time to eat!

Nutritional Information

Per 100g

Energy	364kJ
Energy	87kcal
Protein	2.2g
Carbs	10g
of which sugars	2.8g
Fibre	2.2g
Fat	4.6g
of which saturated	0.4g
Sodium	62mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days