



UCCOOK

Crispy Mushroom Bites

with golden potato wedges

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	498kj	3221kj
Energy	119kcal	770kcal
Protein	3.4g	21.8g
Carbs	15g	100g
of which sugars	2.5g	16.1g
Fibre	2.7g	17.2g
Fat	5.2g	33.6g
of which saturated	0.5g	3.2g
Sodium	97mg	630mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into wedges</i>
30ml	40ml	NOMU One For All Rub
150ml	200ml	ButtaNutt Macadamia Nut Yoghurt
30ml	40ml	Lemon Juice
750g	1kg	Button Mushrooms <i>wipe clean</i>
270ml	360ml	Coating Spice <i>(15 [20ml] Cayenne Pepper, 7.5 [10ml] Garlic Powder, 7.5 [10ml] Smoked Paprika & 240 [320] Self-raising Flour)</i>
180ml	240ml	Chilli Sauce <i>(30ml [40ml] Sriracha Sauce & 150ml [200ml] Mayo)</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. NOMU-SPICED POTATOES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and the NOMU rub. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. MARINATED MUSHROOMS In a large bowl, mix together the yoghurt, ½ the lemon juice and seasoning. Add in the mushrooms and marinate them for 10 minutes. In another bowl add the coating spice. When the mushrooms have finished marinating, place a pan over medium heat with 3-4cm of oil. While the oil is heating up, gently lift the mushrooms out of the yoghurt mixture and coat them in coating spice, one by one. When the oil is hot, fry the mushrooms until golden, 2-4 minutes a side. You may need to do this in batches. Remove from the pan and drain on paper towel.

3. CHILLI DIP & SALAD In a small bowl, mix the chilli sauce, ginger and spring onion whites. Loosen with a splash of water. In another bowl, toss together the green leaves, the cucumber, the remaining lemon juice and a drizzle of olive oil. Set aside.

4. MOUTHWATERING MORSELS Plate up the salad. Side it with your golden potato wedges and crispy mushroom bites. Scatter over the spring onion greens and side with the chilli sauce for dipping.

Chef's Tip To keep fried mushrooms crisp, place them on an oven rack instead of paper towels—this prevents steaming and keeps them crunchy.