



UCOOK

Cheesy Stuffed Portobello Mushrooms

with a lentil, date & cucumber salad

This recipe is stuffed with flavour & cheesy goodness! Mushrooms are filled to the brim with spinach, lentil, garlic & cheese. Next to these umami boats lie a lentil & date salad. A dash of fresh lemon & chives complements the earthiness of this down-to-earth dish.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

360g	Lentils <i>drained & rinsed</i>
60g	Pitted Dates <i>roughly chopped</i>
300g	Cucumber <i>roughly diced</i>
2	Lemons <i>1½ cut into wedges</i>
2	Red Onions <i>1½ peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
60g	Spinach <i>rinsed</i>
90ml	Panko Breadcrumbs
60g	Italian-style Hard Cheese <i>grated</i>
120g	Grated Mozzarella
6	Portobello Mushrooms <i>stems removed</i>
12g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ENJOY THE LENTIL THINGS IN LIFE

Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, add the drained lentils and brown for 10-12 minutes until heated through and crisping up. For the best results, only shift occasionally. On completion, set ¼ of the crisp lentils aside for Step 2. Place the remaining lentils in a bowl along with the chopped dates, the diced cucumber, the juice from 3 lemon wedges, a drizzle of oil, and seasoning. Toss until combined and set aside.

2. FLAVOURFUL FILLING Return the pan to medium heat with a drizzle of oil. When hot, add the diced onion and the grated garlic and fry for 6-8 minutes until fragrant and soft, shifting occasionally. Add the reserved lentils, the rinsed spinach, seasoning, and ½ of the breadcrumbs. Cook for 2-3 minutes until the spinach is wilted.

3. SAY CHEESE! In a small bowl, combine the grated Italian-style cheese, the remaining breadcrumbs, and the grated mozzarella.

4. PUT THE STUFFIES IN THE MUSHIES Lightly coat the mushrooms with oil and place onto a baking tray, stem-side up. Stuff each mushroom with the onion & spinach filling. Sprinkle over the cheesy topping and bake in the hot oven for 12-15 minutes until the cheese is melted and the mushrooms are cooked through.

5. YUMMO! Pile up the lentil salad and serve the stuffed mushrooms alongside. Garnish with the chopped chives and serve with any remaining lemon wedges. Happy munching, Chef!

Nutritional Information

Per 100g

Energy	472kJ
Energy	113kcal
Protein	7.3g
Carbs	16g
of which sugars	4.7g
Fibre	4.4g
Fat	2.7g
of which saturated	1.4g
Sodium	62mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days