



UCOOK

Balsamic Marinated Mushrooms

with couscous, sun-dried tomatoes & pumpkin seeds

Fluffy couscous is loaded with specks of sun-dried tomato, crunchy cucumber, toasted pumpkin seeds & fresh parsley. It creates the perfect backdrop for golden button mushrooms tossed in a honey-balsamic marinade. Finished off with dollops of cashew nut cream cheese.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

Veggie

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

100ml	Couscous
1	Garlic Clove <i>peel & grate</i>
30ml	Sweet Balsamic <i>(20ml Balsamic Vinegar & 10ml Honey)</i>
3g	Fresh Rosemary <i>rinse, pick & roughly chop</i>
2,5ml	Dried Chilli Flakes
10g	Pumpkin Seeds
200g	Button Mushrooms <i>wipe clean & cut into quarters</i>
15g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. FIRST THINGS FIRST Boil the kettle. Place the couscous in a bowl with 100ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. MARINATION STATION Place a pan over medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the sweet balsamic, the chopped rosemary, seasoning, and the chilli flakes (to taste). Bring to a simmer then remove from the pan. Cover and set aside.

3. PUMP UP WITH PUMPKIN SEEDS Return the pan, wiped down, to medium heat with the pumpkin seeds. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MMMUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushroom pieces until golden, 4-5 minutes (shifting as they colour). Remove from the pan and toss through the sweet balsamic marinade (to taste) and a drizzle of olive oil. Set aside.

5. LOADED COUSCOUS In a salad bowl, combine the cooked couscous, the chopped sun-dried tomato, the diced cucumber, ½ the chopped parsley, the toasted pumpkin seeds, a drizzle of olive oil, and seasoning.

6. DIG IN! Plate up a generous helping of the loaded couscous. Top with the marinated mushrooms and dollop over the cashew nut cream cheese. Garnish with the remaining parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	5.9g
Carbs	21g
of which sugars	6g
Fibre	3.3g
Fat	2.5g
of which saturated	0.4g
Sodium	61mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days