

# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Veggie

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Stettyn Wines | Stettyn Family Range Shiraz

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## Ingredients & Prep

40g	Almonds
160ml	Flour Mix <i>(80ml Cornflour, 10ml Garlic Powder, 10ml Smoked Paprika &amp; 60ml Self-raising Flour)</i>
200ml	Panko Breadcrumbs
500g	Button Mushrooms <i>wipe clean &amp; trim stems</i>
320g	Patty Pans <i>rinse, trim &amp; cut into bite-sized pieces</i>
2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
200ml	Chimichurri Mayo <i>(80ml Pesto Princess Chimichurri Sauce &amp; 120ml Mayo)</i>
160g	Salad Leaves <i>rinse &amp; 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 200ml 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