

UCCOOK

Balsamic Marinated Mushrooms

with couscous, sun-dried tomatoes & pumpkin seeds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Rhea Hsu

Nutritional Info

	Per 100g	Per Portion
Energy	552kj	2536kj
Energy	132kcal	606kcal
Protein	5.7g	26.3g
Carbs	20g	93g
of which sugars	6.1g	28g
Fibre	3.2g	14.8g
Fat	2.7g	12.3g
of which saturated	0.4g	2g
Sodium	63mg	290mg

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

Spice Level: Moderate

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Couscous
1	1	Garlic Clove <i>peel & grate</i>
30ml	60ml	Sweet Balsamic <i>(20ml [40ml] Balsamic Vinegar & 10ml [20ml] Honey)</i>
3g	5g	Fresh Rosemary <i>rinse, pick & roughly chop</i>
2,5ml	5ml	Dried Chilli Flakes
10g	20g	Pumpkin Seeds
200g	400g	Button Mushrooms <i>wipe clean & cut into quarters</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	60ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. FIRST THINGS FIRST Boil the kettle. Place the couscous in a bowl with 100ml [200ml] 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 garlic until fragrant, 1-2 minutes (shifting constantly). Add the sweet balsamic, the 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 mushrooms 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 sun-dried tomato, the cucumber, ½ the parsley, the 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!