



# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Veggie

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 Waterford Estate | Range Grenache Noir 2019

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## Ingredients & Prep

120g	Lentils <i>drained &amp; rinsed</i>
20g	Pitted Dates <i>roughly chopped</i>
100g	Cucumber <i>roughly diced</i>
1	Lemon <i>½ cut into wedges</i>
1	Red Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
20g	Spinach <i>rinsed</i>
30ml	Panko Breadcrumbs
20g	Italian-style Hard Cheese <i>grated</i>
40g	Grated Mozzarella
2	Portobello Mushrooms <i>stems removed</i>
4g	Fresh Chives <i>rinsed &amp; 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 9-10 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 1 lemon wedge, 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 3-4 minutes until fragrant and soft, shifting occasionally. Add the reserved lentils, the rinsed spinach, seasoning, and ½ of the breadcrumbs. Cook for 1-2 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 10-12 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