

U COOK



Crumbed Mushroom Salad

with charred patty pans

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	364kJ	2149kJ
Energy	87kcal	514kcal
Protein	2.2g	13g
Carbs	9.6g	56.9g
of which sugars	2.8g	16.5g
Fibre	2.2g	12.9g
Fat	4.6g	27.2g
of which saturated	0.4g	2.2g
Sodium	62mg	368mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
10g	20g	Almonds
40ml	80ml	Crumbing Spice <i>(20ml [40ml] Cornflour, 2.5ml [5ml] Garlic Powder, 2.5ml [5ml] Smoked Paprika & 15ml [30ml] Self-raising Flour)</i>
50ml	100ml	Panko Breadcrumbs
125g	250g	Button Mushrooms <i>wipe clean & trim stems</i>
80g	160g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Bell Pepper <i>rinse, deseed & cut 1/2 [1] into strips</i>
50ml	100ml	Chimichurri Mayo <i>(20ml [40ml] Pesto Princess Chimichurri Sauce & 30ml [60ml] Mayo)</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>

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 crumbing spice and gradually whisk in 50ml **[100ml]** 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 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, 3-4 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 pans & bell pepper until charred, 4-5 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 leaves as the base of the salad, topped with the patty pans & peppers, and the mushrooms. Drizzle over the chimichurri mayo and garnish with the nuts. Time to eat!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel