



UCCOOK

Shimeji Mushroom Pita

with tzatziki

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Veggie: Serves 1 & 2

Chef: Sarah Hewitt

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	606kJ	2728kJ
Energy	145kcal	653kcal
Protein	5.6g	25.4g
Carbs	19g	85g
of which sugars	2.7g	12.1g
Fibre	3.3g	15.1g
Fat	4.4g	19.9g
of which saturated	0.9g	3.9g
Sodium	105mg	474mg

Allergens: Sulphites, Peanuts, Gluten, Tree Nuts, Wheat,
Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Cashew Nuts <i>roughly chop</i>
20ml	40ml	Peanut Butter
125g	250g	Shimeji Mushrooms <i>trim & wipe clean</i>
1	1	Onion <i>peel & roughly slice</i>
15ml	30ml	Spice & All Things Nice Tikka Curry Paste
5ml	10ml	Dried Chilli Flakes
1	2	Pita Bread/s
40ml	80ml	Tzatziki

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

1. TOAST Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. SATAY MOMENT Boil the kettle. Loosen the peanut butter with 100ml [200ml] of boiling water. Return the pan to medium heat with a drizzle of oil. Fry the mushrooms and the onion until lightly golden, 3-4 minutes. Add the curry paste and the chilli flakes (to taste). Fry until fragrant, 1-2 minutes. Mix in the loosened peanut butter and simmer slightly until thickened, 1-3 minutes. Remove from the heat and add seasoning.

3. PITA Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. DINNER IS READY Fill the pita pockets with the silky delicious satay mushrooms, top with dollops of tzatziki, and sprinkle over the nuts, Well done, Chef!