

# Chargrilled Capsicum-Stuffed Mushrooms

with Caramelised Onion & Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Portabello Mushrooms



Garlic



Panko Breadcrumbs



Red Onion



Chargrilled Capsicum Relish



Greek Salad Cheese/ Feta Cheese



Tomato




Mixed Salad Leaves



Garlic Aioli

 Hands-on: 20-30 mins  
Ready in: 30-40 mins

 Calorie Smart

Big portabello mushrooms are the perfect vehicle for a golden, crunchy and cheesy stuffing, which gets baked in the oven for a delightful main event. Served with a colourful garden salad, this is the most delicious way to get your greens!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
portabello mushrooms	1 packet	2 packets
garlic	2 cloves	4 cloves
panko breadcrumbs	1 packet	1 packet
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	1 block (50g)	1 block (100g)
tomato	1	2
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2111kJ (505Cal)	332kJ (79Cal)
Protein (g)	17g	2.7g
Fat, total (g)	18.2g	2.9g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	62.7g	9.9g
- sugars (g)	13.1g	2.1g
Sodium (mg)	1247mg	196mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks and place on a lined oven tray. Sprinkle the **Aussie spice blend** over the **potato**, drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **25-30 minutes**.



## Add the stuffing

While the onion is cooking, combine the **chargrilled capsicum relish** and crumbled **cheese** (see ingredients) in a second small bowl. Season. When the **mushrooms** are done, remove from the oven and carefully pat dry with paper towel. Spoon the **capsicum mixture** into each **mushroom** and sprinkle over the **panko-garlic crumb**. Bake until the mushrooms are tender and the stuffing is golden, **5-10 minutes**.

**TIP:** *Patting the mushrooms dry helps to keep the crumb crisp!*



## Bake the mushrooms

While the potato is roasting, cut the stalks off the **portabello mushrooms**. Rub the **mushrooms** with a drizzle of **olive oil**, then season with **salt** and **pepper**. Place the **mushroom cups**, bottom-side up, on a second lined oven tray. Bake for **10 minutes**. Meanwhile, finely chop the **garlic**. In a small bowl, combine the **panko breadcrumbs**, **garlic** and a drizzle of **olive oil**. Season and set aside.



## Toss the salad

While the mushrooms are baking, roughly chop the **tomato**. In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season, then add the **mixed salad leaves** and **tomato**. Toss to coat.



## Caramelize the onion

Thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Remove from the heat and set aside.



## Serve up

Divide the chargrilled capsicum stuffed mushrooms, roasted potatoes and garden salad between plates. Top the mushrooms with the caramelised onion. Serve with the **garlic aioli**.

**Enjoy!**