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Welsh Rarebit Portobello Mushrooms with Roasted New Potatoes

As autumn is all about comfort, we thought we'd whip up a Welsh rarebit; it's as traditional as pie and mash! This dish dates back to the taverns of 18th century Britain. Stories and books of the age describe it as a luscious dish and we are in heavy agreement. At HelloFresh, health and adventure are close to our hearts. So, say goodbye to the bread and hello to delicious Portobello mushrooms. Cook this up for a rarebit you'll never forget!



40 mins



healthy



veggie



New Potatoes



Mild Paprika



Portobello Mushroom



Garlic Clove



Cheddar Cheese



Flat Leaf Parsley



Flour



Milk



Greek Yoghurt



Wholegrain Mustard




Soy Sauce



Rocket

Ingredients

	2P	4P
New Potatoes, halved	1 pack	2 packs
Mild Paprika	½ tbsp	1 tbsp
Portobello Mushroom	4	8
Garlic Clove, chopped	1	2
Cheddar Cheese 1	4 tbsp	8 tbsp
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Flour 2	1 tbsp	2 tbsp
Milk 1	½ carton	1 carton
Greek Yoghurt 1	4 tbsp	8 tbsp
Wholegrain Mustard 3	¾ tbsp	1½ tbsp
Soy Sauce 2, 4	1 tbsp	2 tbsp
Rocket	1 bag	2 bags

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | **2)** Gluten
3) Mustard | **4)** Soya

Nutrition per serving: Calories: 380 kcal | Protein: 17 g | Carbs: 42 g | Fat: 15 g | Saturated Fat: 8 g



1 Pre-heat the oven to 220 degrees. Chop the new potatoes in half and place in a baking tray. Drizzle over 2 tbsp of olive oil. Sprinkle over the paprika, ¼ tsp of salt and a good grind of black pepper and shake the tin so the potatoes are coated in the oil and spices. Roast for 30-35 mins, until brown and lightly crisp.

Tip: Remember to stir/shake half way through to prevent any burning!



2 Twist the stems out of the mushrooms and set aside. Peel and finely chop the garlic. Grate the cheddar cheese and chop the parsley.



3 Arrange the mushrooms face down on a baking tray and roast in the oven for 10 mins, until a little wrinkled. Remove from the oven and drain any water that has been released from the mushrooms. Arrange the mushrooms face side up in a single layer and put aside for later.



4 While the mushrooms are roasting, chop the reserved mushroom stems as finely as possible. Heat 1½ tbsp of oil in a non-stick frying pan on medium-high heat. Add the stems and cook, stirring frequently, until lightly browned, for about 2 mins. When the stems are ready, add the

garlic and cook until softened and fragrant, about 1 minute more.

5 Add the flour, mix well and cook for 2 mins, stirring frequently then add the milk. Cook until thickened, stirring vigorously for about 2 mins more. Then add a pinch of salt.

6 Turn off the heat and add the cheese into the pan. Add 3 tbsp of Greek yoghurt, the mustard, soy sauce and a good grind of black pepper. Mix everything together well. Put the pan on a low heat and stir as everything melts together into a paste. *Tip: If the mixture is lumpy and you can't smooth it out with a spoon, try a fork or a whisk.*

7 Turn the grill on to high. Spoon the cheese mixture into the cup of each mushroom on the baking tray, making sure all the mushrooms are completely covered.

8 3 mins before the potatoes are ready, pop the mushrooms under the grill and cook until browned and bubbly.

9 Serve your cheesy mushrooms alongside the potatoes, and rocket with a generous dollop of Greek yoghurt and the parsley sprinkled on top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!