






More Than Food
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Winter Warming Mushroom Rosti Pie with Hearty Greens

Mushrooms are widely used in vegetarian cuisine for several reasons. Firstly, they are seriously D-E-L-I-C-I-O-U-S. Secondly, they impart an umami flavour - that infamous fifth taste. They are also ridiculously good for you, especially the Asian varieties which are otherwise known as medicinal mushrooms. There's also a stonking eight portions of vegetables in this powerhouse of a mushroom pie. Just in case you needed another reason to tuck in...

 50 mins

 veggie



Chestnut
Mushrooms



Oyster
Mushrooms



Garlic Clove



Thyme



Red Onion



Carrot



Turnip



Parsnip



Potato



Vegetable Stock Pot



Vegetarian
Worcestershire Sauce



Cider & Horseradish
Wholegrain
Mustard



Flat Leaf
Parsley




Crème Fraîche



Cavolo Nero

Ingredients

	2P	4P
Chestnut Mushrooms, quartered	1 small punnet	1 large punnet
Oyster Mushrooms, quartered	½ punnet	1 punnet
Garlic Clove, chopped	2	4
Thyme	3 sprigs	6 sprigs
Red Onion, sliced	1	2
Carrot, sliced	1	2
Turnip, chopped	1	2
Parsnip, grated	1	2
Potato, grated	1	2
Vegetable Stock Pot 1	1	2
Vegetarian Worcestershire Sauce 2, 3, 4	1 tsp	2 tsp
Cider & Horseradish Wholegrain Mustard 5	1 tbsp	2 tbsp
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Crème Fraîche 6	½ small pot	1 small pot
Cavolo Nero, sliced	½ pack	1 pack

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

Allergens

- 1)** Celery | **2)** Gluten
3) Soya | **4)** Sulphites
5) Mustard | **6)** Milk

Nutrition per serving: Calories: 609kcal | Protein: 15g | Carbs: 86g | Fat: 24g | Saturated Fat: 14g

2



1 Pre-heat your oven to 200 degrees. Roughly chop your chestnut and oyster mushrooms into quarters. Add 1½ tbsp of oil to a large frying pan (ovenproof if you have it!) on medium-high heat and add your mushrooms along with ¼ tsp of salt and a good grind of black pepper. Sauté the mushrooms, stirring occasionally for 7 mins until nicely browned.

5



2 Meanwhile, peel and finely chop the garlic and pull the thyme leaves off their stalks. Cut your onion in half through the root, peel and finely slice it into half moon shapes. Peel and cut your carrot in half lengthways, before slicing it thinly into half moon shapes. Finally, peel and roughly chop your turnip into 1cm chunks.

6



3 Once the mushrooms are done, remove them from the pan and set aside. Now add 1½ tbsp of oil to the same pan (no need to wash!) and reduce the heat to medium. Add the onion, carrot and turnip and cook for 3 mins, stirring occasionally. Add the garlic and thyme leaves and continue to cook for a further 7 mins or until the onion has softened and is starting to brown.

7



4 Meanwhile, peel and grate both the parsnip and potato into a bowl, season with a pinch of salt and pepper and toss.

5 Return the mushrooms to the pan with the vegetables (heat still on) and add the stock pot and 100ml of boiling water. Stir everything together and leave to simmer on medium-low heat for 3 mins. Then add the veggie Worcestershire sauce, wholegrain mustard, chopped parsley and crème fraîche and stir gently to form a sauce.

6 Transfer the mixture to an ovenproof dish, top with the grated parsnip and potato mixture, several good grinds of black pepper and drizzle evenly with 1 tbsp of oil. Make sure to leave a gap (the size of a 50 pence coin) in the centre of the parsnip and potato topping, to allow the steam to escape during cooking. Bake for 25 mins until golden brown and crispy.

7 While the pie is baking, you can prepare your greens! Remove any tough stems from your cavolo nero and finely slice. Approximately 5 mins before the pie is ready, pop 1 tbsp of oil, the sliced cavolo nero and ¼ tsp salt in a frying pan and gently sauté for 4-5 mins, until the cavolo nero has wilted down. **Tip:** You can use the pan you used in step 5 for this, no need to wash up!

8 Serve a portion of the mushroom pie with a hearty helping of cavolo nero and dig in! Enjoy!

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