



# Cheese and Caramelised Onion Stuffed Portobello Mushrooms with Chips and Balsamic Rocket Salad

23

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Portobello Mushrooms



Red Onion



Sun-Dried  
Tomato Paste



Mature Cheddar  
Cheese



Wild Rocket



Balsamic Glaze



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Mayonnaise

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan and grater.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Portobello Mushrooms**	4	6	8
Red Onion**	1	1½	2
Sun-Dried Tomato Paste	25g	37g	50g
Mature Cheddar Cheese** 7)	60g	80g	120g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Butter*	10g	15g	20g
Sugar for the Onions*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	528g	100g	573g	100g
Energy (kJ/kcal)	2188 / 523	414 / 99	2676 / 640	467 / 112
Fat (g)	26.4	5.0	35.5	6.2
Sat. Fat (g)	10.3	2.0	13.2	2.3
Carbohydrate (g)	59.3	11.2	60.2	10.5
Sugars (g)	13.7	2.6	13.7	2.4
Protein (g)	15.1	2.9	22.8	4.0
Salt (g)	1.19	0.23	2.42	0.42

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## 4 Cheese Please

While the **onion** caramelises, grate the **cheese**.

When the **chips** are cooked, remove from the oven. Preheat your grill to high.



## 2 Prep the Veg

Meanwhile, remove the stems from the **portobello mushrooms** (but leave the mushroom whole).

Heat a drizzle of **oil** in a large frying pan on high heat. Fry the **mushrooms** until golden brown, 4-5 mins, then turn over and cook for a further 4-5 mins. Season with **salt** and **pepper**

Once cooked, transfer the **mushrooms**, stem-side up, to a baking tray. Bake on the top shelf of your oven until softened, 8-10 mins.

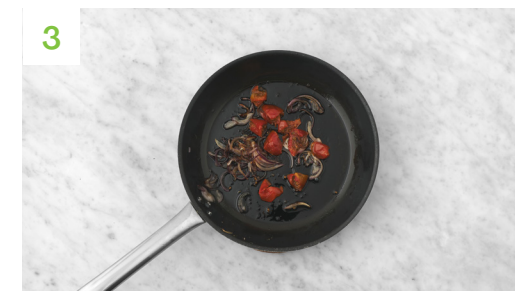
While the **mushrooms** bake, halve, peel and thinly slice the **red onion**.



## 5 Grill Power

Carefully drain any excess liquid from the **portobello mushrooms**, then spoon the **caramelised onion** into them and sprinkle over the **cheese**.

Grill the **mushrooms** until the **cheese** has melted, 4-5 mins.



## 3 Caramelize the Onion

Wipe out the (now empty) frying pan and return to medium heat with a drizzle of **oil**.

Melt in the **butter** (see pantry for amount), then add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Add the **sugar for the onions** (see pantry for amount) and **sun-dried tomato paste** and cook until caramelised, 1-2 mins more.

## CUSTOM RECIPE

If you're adding **bacon**, add it to the **onions** halfway through cooking. Stir-fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## 6 Serve

Share the **stuffed mushrooms** between your plates.

Serve the **rocket** and **chips** alongside some **mayo** for dipping (see pantry for amount).

Drizzle the **balsamic glaze** over the **rocket leaves** to finish.

## Enjoy!