



Creamy Mushrooms on Sourdough with Parsley, Feta and Walnuts

Brunch 20 Minutes • 1 of your 5 a day

3A



Portobello Mushroom



Flat Leaf Parsley



Garlic Clove



Sliced Mushrooms



Creme Fraiche



Mushroom Broth Paste



Vegetable Stock Paste



Mini Sourdough Cob



Feta Cheese



Walnuts

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Frying Pan, Wooden Spoon.

Ingredients

	Quantity
Portobello Mushroom**	2
Flat Leaf Parsley**	1 bunch
Garlic Clove	1
Sliced Mushrooms**	120g
Creme Fraiche 7)**	75g
Mushroom Broth Paste**	1 sachet
Vegetable Stock Paste 10)	5g
Egg*	2
Mini Sourdough Cob 13)	1
Feta Cheese 7)**	100g
Walnuts 2)	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2807 /671	697 /167
Fat (g)	39	10
Sat. Fat (g)	19	5
Carbohydrate (g)	49	12
Sugars (g)	3	1
Protein (g)	31	8
Salt (g)	3.29	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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1 Prep

a) Slice the **Portobello mushrooms** into ½ cm slices, then chop into thirds.

b) Roughly chop the **parsley** (stalks and all).

c) Peel and grate the **garlic** (or use a garlic press).



2 Cook the Mushrooms

a) Heat a drizzle of **oil** in a large frying pan. Once hot, add the **Portobello** and **sliced mushrooms** and cook, stirring occasionally, until browned and tender, 4-5 mins.

b) Add the **garlic**, stir-fry for a further 1 min.



3 Finish the Mushrooms

a) Stir the **creme fraiche**, **mushroom broth paste**, **veg stock paste** (see ingredients for amount), **half** of the **parsley** and some **black pepper** (to your liking) through the **mushrooms**.

b) Then remove from the heat.



4 Fry the Eggs

a) Meanwhile, heat a medium frying pan with a drizzle of **oil** on medium-high heat.

b) Once the **oil** is nice and hot, crack in each **egg** (1 per person) and cook for 4-5 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire.

c) Remove the pan from the heat.



5 Finish Off

a) Slice the **sourdough** (2 per person) and toast them to your liking.

b) Crumble the **feta** and roughly chop the **walnuts**.



6 Time to Serve

a) Reheat your **mushrooms** if necessary.

b) Share the **toasted sourdough** between your plates and drizzle over some **olive oil**.

c) Top with the **mushrooms** and a **sprinkle of feta**.

d) Pop a **fried egg** on top, and scatter over the **walnuts** and remaining **parsley**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.