



# Cheese Stuffed Portobello Mushrooms

with Chimichurri and Tomato & Pepper Couscous Tabbouleh

23

Calorie Smart 35-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie • Under 650 Calories



Bell Pepper



Portobello Mushroom



Garlic Clove



Couscous



Vegetable Stock Paste



Greek Style Salad Cheese



Medium Tomato



Lemon



Spring Onion



Flat Leaf Parsley



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

## Before you start

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

## Cooking tools

Kettle, garlic press, bowl, cling film, baking tray, frying pan and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Portobello Mushroom	4	6	8
Garlic Clove**	3	4	6
Couscous <b>13</b>	120g	180g	240g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g
Medium Tomato	1	2	2
Lemon**	½	1	1
Spring Onion**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chilli Flakes	1 pinch	1 pinch	2pinches
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Couscous*	240ml	360ml	480ml
Butter*	20g	30g	40g
Sugar for the Salsa*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Salsa*	2½ tbsps	4 tbsps	5 tbsps

\*Not Included \*\*Store in the Fridge\*\*\* Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2155 /515	498 /119
Fat (g)	25.7	5.9
Sat. Fat (g)	10.6	2.5
Carbohydrate (g)	54.9	12.7
Sugars (g)	9.3	2.2
Protein (g)	15.5	3.6
Salt (g)	1.88	0.43

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
Point™ values based on low-cal cooking spray oil.

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten

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, 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.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Boil a full kettle.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Remove the stems from the **portobello mushrooms** (but leave the **mushroom** whole). Roughly chop the **mushroom stems** and set aside.

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



## Stuff the Mushrooms

Put your (now empty) frying pan back on medium heat with the **butter** (see pantry for amount).

Once melted, add the **chopped mushroom stems** and **garlic**. Season with **salt** and **pepper** and fry for 2 mins, then remove from the heat.

Divide the **mushroom mixture** between the **whole mushrooms**. Crumble the **Greek style salad cheese** over the top.

Bake on the top shelf of your oven until the **cheese** is golden and the **peppers** are soft, 8-10 mins.



Weight Watchers



## Cook the Couscous

Put the **couscous** in a large bowl and pour in the **boiled water for the couscous** (see pantry for amount) from your kettle.

Stir in the **vegetable stock paste**, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.

Meanwhile, pop the **sliced pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



## Mix your Chimichurri

While the **mushrooms** bake, cut the **tomato** into 1cm chunks. Zest and halve the **lemon** (see ingredients for amount). Trim and thinly slice the **spring onion**. Finely chop the **parsley** (stalks and all).

In a small bowl, mix together the **chopped parsley**, **spring onion**, **chilli flakes** (add less if you'd prefer things milder), **lemon juice**, **sugar** and **olive oil for the salsa** (see pantry for both amounts). Set your **chimichurri** aside.

In another small bowl, combine a drizzle of **olive oil** with the **lemon zest** and **tomato chunks**. Season with **salt** and **pepper**, then set aside.



## Get Roasting

When the oven is hot, roast the **peppers** on the top shelf for 6-8 mins, then remove from the oven and set aside.

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **mushrooms**, season with **salt** and **pepper** and fry until golden brown, 4-5 mins, then turn over and cook for a further 4-5 mins.

Once golden, transfer the **mushrooms**, stem-side up, to the baking tray with the **peppers**.



## Finish and Serve

When everything's cooked, fluff up the **couscous** with a fork, then stir through the **roasted peppers** and the **zesty tomato chunks**.

Share the **tabbouleh** between your serving bowls.

Lay the **stuffed mushrooms** on top and drizzle over the **chimichurri** to finish.

## Enjoy!