



Cooking Made Easy

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Florentine Stuffed Portobellos

with Spinach & Sun-Dried Tomatoes



Who doesn't love a creamy, luscious spinach dip? We've added both thyme-roasted and sundried tomatoes to the equation for a double whammy of flavor. Stuffed inside meaty Portobellos and served on a bed of fluffy rice, we know you'll be craving this dish again and again!



30 min



level 1



nut free



veggie



Portobello Mushrooms



Sun-Dried Tomatoes



Spinach



Sour Cream



Panko



Roma Tomato



Thyme



Basil



Basmati Rice



Parmesan Cheese



Stock Concentrate

Ingredients	2 People	4 People
Portobello Mushrooms	2	4
Spinach	8 oz	16 oz
Sour Cream	1) ¼ C	½ C
Basil	1 bunch	2 bunches
Thyme	1 sprig	2 sprigs
Roma Tomatoes	2	4
Parmesan Cheese	1) ¼ C	½ C
Panko	2) ¼ C	½ C
Basmati Rice	½ C	1 C
Sun-Dried Tomatoes	1 ½ oz	3 oz
Stock Concentrate	1	2
Olive Oil*	3 T	6 T

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Baking Sheet, Small Pot, Large Pan

Ruler

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Nutrition per person Calories: 641 cal | Carbs: 75 g | Fat: 32 g | Protein: 22 g | Fiber: 10 g



1 Preheat oven to 400 degrees. In a small pot, bring 1 cup **water** to a boil with the **stock concentrate** and a large pinch of **salt**. Once boiling, add the **Basmati rice**, cover, and simmer for 15 minutes, until tender.



2 Meanwhile, quarter the **tomatoes**. Strip the **thyme leaves** off the sprig, then roughly chop. Thinly slice the **basil leaves**. Roughly chop the **sun-dried tomatoes**.



3 Toss the **tomatoes** on a baking sheet with ½ tablespoon **olive oil**, **half the thyme**, and a pinch of **salt** and **pepper**. On the other half of the baking sheet, rub the **Portobello caps** with another 1 tablespoon **olive oil** and season with **salt** and **pepper**. Roast the tomatoes and Portobellos for 10 minutes, until softened. Set the roasted Portobellos aside, then roughly chop the **roasted tomatoes** once they are cool enough to handle.

4 Meanwhile, heat ½ tablespoon **olive oil** in a large pan over medium heat. Add the **sun-dried tomatoes** and cook, tossing, for about 1-2 minutes, until softened. Add the **spinach** and cook, tossing, another 3-4 minutes, adding a splash of **water** if necessary, until wilted. Season with **salt** and **pepper**.

5 Remove pan from heat and stir in the **sour cream**, **chopped tomatoes**, **remaining thyme**, **half the panko**, and the **basil**. Taste and season with **salt** and **pepper**.

6 Stuff the **spinach mixture** into the **Portobello caps** and sprinkle with **remaining panko** and the **Parmesan**. Return the **stuffed Portobellos** to the baking sheet and bake for another 10 minutes, until golden brown on top.

7 Serve the **Portobello caps** on a bed of **Basmati rice** and enjoy!