



MAY
2016

Mushroom Ragout

with Crispy Polenta Cakes and Tangy Arugula Salad

Mushrooms, thyme, and garlic are a match made in heaven. Folded into a cream sauce over pillows of crispy polenta, it doesn't get much better than this. A tangy balsamic-arugula salad is the perfect counterpoint.



Prep: 10 min
Total: 30 min



level 1



nut free



veggie



gluten free



Mushrooms



Garlic



Shallot



Thyme



Parsley



Vegetable Stock Concentrate



Sour Cream



Parmesan Cheese



Arugula



Polenta



Balsamic Vinegar

Ingredients	2 People	4 People
Mushrooms	8 oz	16 oz
Garlic	2 Cloves	4 Cloves
Shallot	1	2
Thyme	¼ oz	½ oz
Parsley	¼ oz	¼ oz
Vegetable Stock Concentrate	1	2
Sour Cream	1) 4 T	8 T
Parmesan Cheese	1) ¼ Cup	½ Cup
Arugula	2 oz	4 oz
Polenta	1 Tube	1 Tube
Balsamic Vinegar	1 T	2 T
Butter*	1) 1 T	2 T
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Large pan, Baking sheet, Medium bowl

Nutrition per person Calories: 395 cal | Fat: 23 g | Sat. Fat: 10 g | Protein: 14 g | Carbs: 36 g | Sugar: 8 g | Sodium: 861 mg | Fiber: 4 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



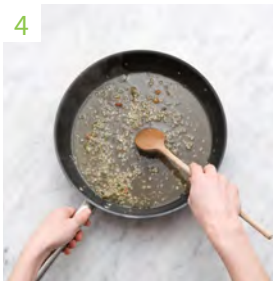
1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 300 degrees. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Halve, peel, and mince the **shallot**. Strip the **thyme** off the sprigs, then roughly chop the **leaves**. Finely chop the **parsley**. Slice **half the polenta** into ½-inch thick slices (save the rest for another day!).

2



2 Cook the polenta: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Once hot, sear the **polenta** for about 1 minute per side, until golden brown. Transfer to a baking sheet and place in the oven to keep warm.

4



3 Cook the mushrooms: In the same pan, heat **1 Tablespoon butter** over medium-high heat. Add the **mushrooms** to the pan and cook, tossing for 5-6 minutes, until golden brown. Season with **salt** and **pepper**, then remove from the pan and set aside.

4 Make the mushroom ragout: Heat another drizzle of **olive oil** in the same pan over medium heat. Add the **shallot, thyme, and garlic** to the pan and cook for 2-3 minutes, until softened. Add **½ cup water** and the **vegetable stock concentrate** to the pan. Bring the **ragout** to a boil, then reduce to a simmer until reduced and thickened for 2-3 minutes. Remove the pan from heat, then stir in the **sour cream** and **mushrooms**. Season to taste with **salt** and **pepper**.

5



5 Dress the arugula salad: Toss the **arugula** in a medium bowl with **1 Tablespoon balsamic vinegar** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**.

6 Plate and serve: Plate the **crispy polenta cakes** and top with the **mushroom ragout** and a sprinkle of **parmesan** and **parsley**. Serve the **tangy arugula salad** to the side and enjoy!

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