



Cooking Made Easy

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Sautéed Mushroom, Fetta & Chat Potato Medley

Can you believe that a mere 200 years ago, there was a time when refrigeration didn't exist, and this meal would have been impossible if we didn't have easy access to potatoes and onions from Spain and cheese from Greece? What an incredible time to be alive!

 **Prep:** 15 mins
Cook: 15 mins
Total: 30 mins

 level 1



Potatoes



Green Beans



Lemon



Garlic



Button Mushrooms



Rocket



Fetta



Red Onion

| 2P | 4P | Ingredients |
|-----------|---------|-----------------------------------|
| 400 g | 800 g | potatoes, skins on & halved |
| 200 g | 400 g | green beans, top & tailed ⊕ |
| 2 | 4 | garlic cloves, peeled & crushed ⊕ |
| 250 g | 500 g | button mushrooms, roughly chopped |
| 3 tbs | 6 tbs | olive oil * |
| 1 tbs | 2 tbs | vinegar (red wine preferred)* |
| 1 | 2 | lemon, juiced ⊕ |
| 100 g | 200 g | rocket, washed ⊕ |
| 1/2 | 1 | red onion, chopped |
| 1/2 block | 1 block | fetta, crumbled ⊕ |

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 1880 | Kj |
| Protein | 11.6 | g |
| Fat, total | 32 | g |
| -saturated | 6.9 | g |
| Carbohydrate | 24.8 | g |
| -sugars | 7.1 | g |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



1 Bring a pot of salted water to the boil. Add the **potatoes** and cook for about **10 minutes**, add the **beans** to the pot and cook for a further **2 minutes** or until the potatoes are soft and the beans blanched. Strain and leave to cool. Heat some oil in a pan and add the potatoes and fry for about **5-7 minutes** or until they are golden brown on the outside, remove from the pan and set aside.



2 Heat some oil or butter in the same pan over a medium high heat. Add the **garlic** and **mushrooms** and cook for **5 minutes** until browned and soft, remove the mushrooms and leave aside.



3 Whisk together the **olive oil**, **red wine vinegar** and **lemon juice** seasoning with **salt** and **pepper** to taste.



4 In a large salad bowl combine the **rocket**, **onion**, potatoes, mushrooms, green beans and the **fetta**, toss well so that the fetta has coated everything. Dress with the lemon vinaigrette and serve. If you think fetta makes everything better, add a little bit more.