



LASAGNA-STUFFED MUSHROOMS

with Herbed Tomato Sauce and Spinach Salad

VEGGIE



HELLO

PORTOBELLO MUSHROOMS

These giant mushrooms are perfect for stuffing

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 404



Portobello
Mushrooms



Garlic



Baby Spinach



Lemon



Dried Oregano



Passata



Ricotta



Honey



Dijon Mustard



Parmesan,
grated

BUST OUT

- Baking Sheet
- Whisk
- Measuring Spoons
- Sugar (1 tsp)
- Large Non-Stick Pan
- Salt
- Small Bowl
- Pepper
- Medium Bowl
- Olive or Canola oil

INGREDIENTS

2-person

- Portobello Mushrooms 4
- Garlic 1 pkg (10 g)
- Baby Spinach 1 pkg (113 g)
- Lemon 1
- Dried Oregano 1 pkg (1 tsp)
- Passata 1 box
- Ricotta 2 1 pkg (100 g)
- Honey 1 pkg (1 tbsp)
- Dijon Mustard 6,9 1 pkg (1 1/2 tsp)
- Parmesan, grated 2 1 pkg (28 g)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat the oven to **425°F** (to roast the portobello caps). Start prepping when the oven comes up to temperature! Baking the mushroom caps top-side down will help keep their bowl-like shape, making it easier to layer with filling.



1 PREP MUSHROOMS
Wash and dry all produce.* Gently twist the **stems** off the **mushroom caps**. Roughly chop the stems. Using a spoon, scrape out the brown 'gills' from inside each cap, and set aside with the stems. Brush the inside and outside of the caps with a generous drizzle of **oil**. On a baking sheet, arrange the caps top-side down. (They should look like bowls.)



4 MAKE FILLINGS
Add the **passata** and **1 tsp sugar** to the pan. Cook, stirring occasionally, until the sauce is slightly thickened, 12-14 min. Season with **salt** and **pepper**. Meanwhile, in a small bowl, combine the **ricotta** and **chopped spinach**.



2 BAKE MUSHROOMS
Bake in the centre of the oven until the **mushrooms** are fork-tender, 8-10 min. (Remove them from the oven sooner if they start to flatten – we want them to retain its bowl-like shape.)



5 ASSEMBLE LASAGNAS
Divide the **ricotta** and **mushroom-tomato sauce** between the caps. Sprinkle with the **Parmesan**. Turn on the oven broiler. Return the **mushrooms** to the oven. Broil until the cheese is golden-brown, 1-2 min. (**TIP:** Keep your eye on them so they don't burn!)



3 START SAUCE
Meanwhile, mince or grate the **garlic**. Finely chop **3 tbsp spinach**. Juice the **lemon**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **mushroom stems and gills**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic** and **oregano**. Cook for 1 min.



6 FINISH AND SERVE
In medium bowl, whisk together the **honey**, **mustard**, **2 tbsp lemon juice** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **remaining spinach**. Divide the **mushrooms** and **salad** between plates.

GIMME A 'D'!

Funghi, like portobello mushrooms, are one of the only natural sources of Vitamin D.