



# POLENTA PANCAKES

with Mushroom Gravy and Tangy Arugula Salad

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 2

VEGGIE

GLUTEN FREE



## HELLO POLENTA

A versatile, cornmeal-based staple of northern Italy



### INGREDIENTS:

- Button Mushrooms
- Garlic
- Shallot
- Thyme
- Parsley
- Polenta
- Veggie Stock Concentrate
- Sour Cream (Contains: Milk)
- Arugula
- Pine Nuts (Contains: Tree Nuts)
- Balsamic Vinegar
- Parmesan Cheese (Contains: Milk)
- Butter (Contains: Milk)
- Olive Oil

### FOR 2 PEOPLE:

- 8 oz
- 2 Cloves
- 1
- ¼ oz
- ¼ oz
- 1 Tube
- 1
- 4 TBSP
- 2 oz
- 1 oz
- 2 tsp
- ¼ Cup
- 1 TBSP
- 2 TBSP

### FOR 4 PEOPLE:

- 16 oz
- 4 Cloves
- 2
- ½ oz
- ¼ oz
- 1 Tube
- 2
- 8 TBSP
- 4 oz
- 1 oz
- 4 tsp
- ½ Cup
- 1 TBSP
- 4 TBSP

### NUTRITION PER SERVING

2 PERSON 639 cal | Fat: 39 g | Sat. Fat: 13 g | Protein: 20 g | Carbs: 55 g | Sugar: 10 g | Sodium: 1177 mg | Fiber: 6 g

4 PERSON 475 cal | Fat: 31 g | Sat. Fat: 11 g | Protein: 16 g | Carbs: 35 g | Sugar: 8 g | Sodium: 780 mg | Fiber: 5 g

## START STRONG

Since the polenta is already cooked, it just needs a quick sear in the pan. Get your skillet nice and hot before adding the polenta rounds in a single layer to cook evenly.



## BUST OUT

- Large pan
- Butter
- Baking sheet
- Olive Oil

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 300 degrees. Thinly slice **mushrooms**. Mince **garlic**. Halve, peel, and mince **shallot**. Strip **thyme leaves** off sprigs, then roughly chop. Finely chop **parsley**. Slice half the **polenta** into ½-inch rounds (save remainder for another use).

### 2 SEAR THE POLENTA

Heat a thin layer of **olive oil** in a large pan over medium-high heat. Once hot, cook **polenta** until golden brown, 2-3 minutes per side. Transfer to a baking sheet, and place in oven to keep warm.

### 3 COOK THE MUSHROOMS

Heat **1 TBSP butter** in same pan over medium-high heat. Add **mushrooms** and toss until golden brown, 5-6 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



### 4 MAKE THE GRAVY

Heat a drizzle of **olive oil** in same pan over medium heat. Add **shallots, thyme, and garlic**. Cook until softened, 2-3 minutes. Add **½ cup water** and **stock concentrate**. Bring to a boil, then reduce to a simmer until thickened, 2-3 minutes. Remove pan from heat, then stir in **sour cream** and **mushrooms**. Season with **salt** and **pepper**.

### 5 DRESS THE ARUGULA

Toss **arugula** and **pine nuts** with a large drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**.

### 6 SERVE

Plate **polenta pancakes** topped with **mushroom gravy** and **Parmesan cheese**. Sprinkle with **parsley**. Serve **arugula salad** on the side and enjoy!

## PERFECTION!

Creamy, crispy, tangy, peppery, comforting, and balanced.

