



ENCHILADA STUFFED PORTOBELLO MUSHROOM

with Avocado Lime Salad

VEGGIE



HELLO PORTOBELLO

These hearty mushrooms are simply grown-up cremini mushrooms

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 626**



Portobello
Mushroom



Red Bell Pepper



Corn Kernels



Red Onion,
chopped



Enchilada Spice
Blend



Monterey Jack
Cheese, shredded



Vegetable Broth
Concentrate



Radish, sliced



All-Purpose Flour



Garlic



Lime



Avocado



Spring Mix

BUST OUT

- 8x8" Baking Dish
- Large Bowl
- Large Non-Stick Pan
- Measuring Spoons
- Garlic Press
- Small Pot
- Measuring Cups
- Whisk
- Sugar (1 tsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Portobello Mushroom 2
- Red Bell Pepper 190 g
- Corn Kernels 113 g
- Red Onion, chopped 56 g
- Enchilada Spice Blend 9 1 tbsp
- Monterey Jack Cheese, shredded 2 ½ cup
- Vegetable Broth Concentrate 1
- Radish, sliced 24 g
- All-Purpose Flour 1 1 tbsp
- Garlic 10 g
- Lime 1
- Avocado 1
- Spring Mix 56 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, 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
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your oven to **450°F** (to roast the mushrooms). Start prepping when your oven comes up to temperature!



1 ROAST MUSHROOMS Wash and dry all produce.* Pull stems off of **mushroom caps**. Brush inside and outside of **mushroom caps** with **1 tsp oil**. Season with **salt** and **pepper**. In an 8x8-inch baking dish, arrange caps top-side up. Bake in the middle of the oven until **mushrooms** are juicy and fork-tender, 10-12 min. Meanwhile, mince or grate **garlic**. Core, then cut **pepper** into ½-inch cubes.



4 STUFF MUSHROOMS When the **mushroom caps** are tender, flip them over to cap-side down. Spoon the **pepper-onion mixture** into each of the **caps**. Spoon over the **enchilada sauce** and top with the **cheese**. Spoon any **remaining pepper-onion mixture** into the bottom of the baking dish. Return **stuffed mushroom caps** to the middle of the oven, and roast until **cheese** melts, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!)



2 MAKE SAUCE Heat a small pot over medium heat. When pot is hot, add **2 tbsp oil** and sprinkle over **flour**. Whisk together until a thick paste forms. Add **½ tbsp enchilada spice blend**, **½ pkg broth concentrate** and **½ cup water**. Bring to a boil over medium-high heat. Once boiling, reduce heat to medium-low. Cook, whisking often, until **sauce** is slightly thickened, 1-2 min. Remove from heat.



5 MAKE SALAD Meanwhile, juice the **lime**. Peel and cut the **avocado** into ½-inch cubes. In a large bowl, whisk **1 tbsp lime juice**, **1 tsp sugar** and **2 tbsp oil**. Add the **spring mix**, **avocado** and **radish**. Toss to coat. Season with **salt** and **pepper**.



3 COOK VEGGIES Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **peppers**, **onions** and **remaining enchilada spice blend**. Cook, stirring occasionally, until the **onions** have softened and **peppers** are tender-crisp, 3-4 min. Add the **corn** and **garlic**. Cook, stirring occasionally, until the **garlic** is fragrant, 1-2 min.



6 FINISH AND SERVE Divide the **stuffed mushroom caps** and **avocado lime salad** between plates.

LEFTOVERS!?

Fill a tortilla with the leftover salad and stuffed caps for a tasty lunch the next day!