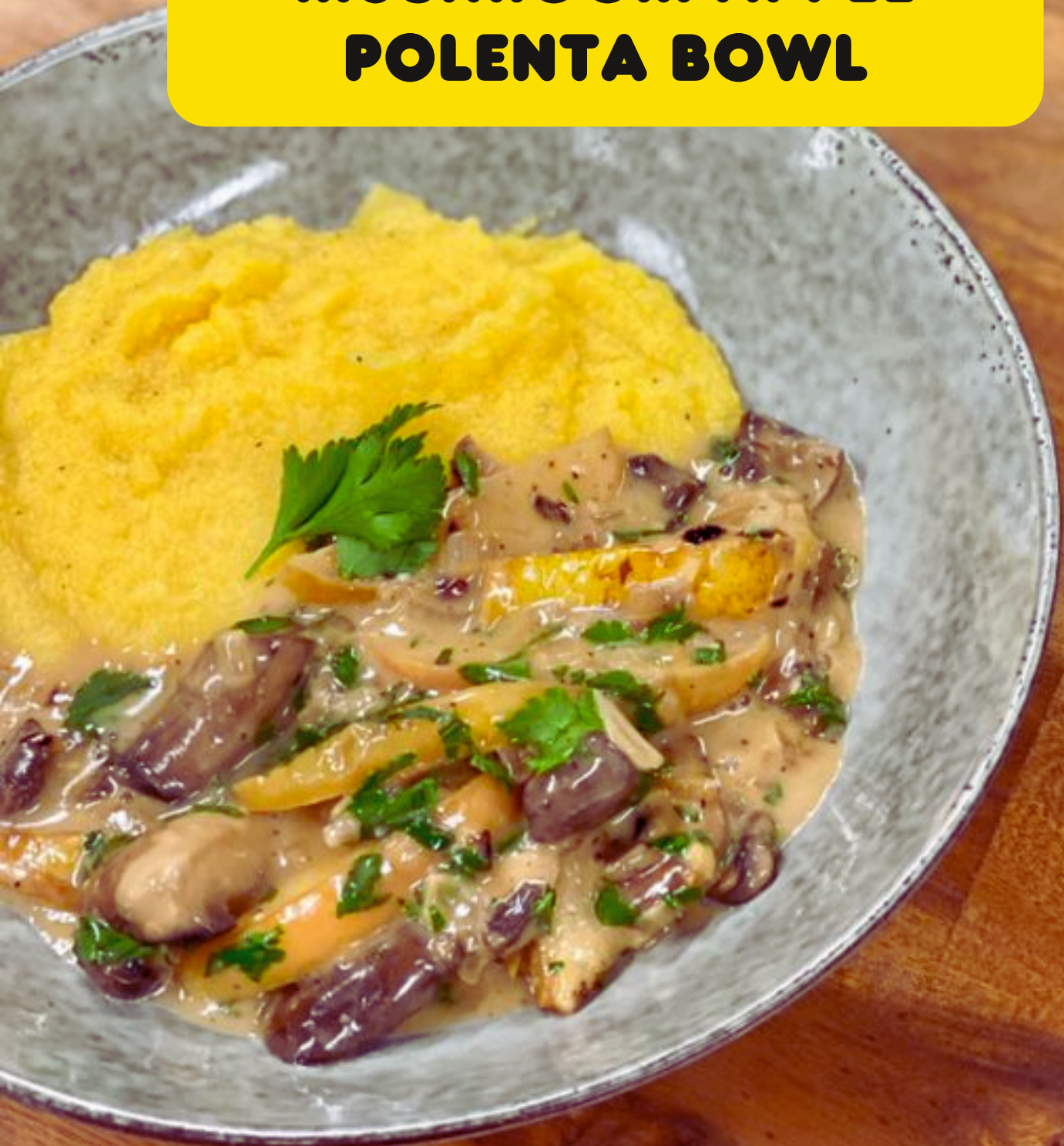


**USE  
IT UP™**



**MUSHROOM APPLE  
POLENTA BOWL**



# MUSHROOM POLENTA BOWL



Prep time



Cook time



Serves

A Recipe by OzHarvest

## NEED

2 cups course polenta

800ml stock  
(or salted water)

2 apples (or pears)

1 cup sliced mushrooms,  
stems and all!

1 onion, chopped

1 clove garlic, chopped

3-4 springs soft herb  
(we used parsley)

Dash of cream (optional)

2 tbsp butter

1 tbsp veg oil

1/2 tbsp cornflour

A polenta bowl is a great way to use up any mushrooms, vegetables (and fruit!) you might have. Combine with apples in this beautiful version (trust us - it's good!)

## HOW

1. To make the polenta, bring 400ml stock, 1 litre water and a big pinch of salt to the boil. Whisk in the polenta, bring to the boil again. Reduce heat to low, stir occasionally until thick (10-15 minutes). Remove from heat.
2. While polenta is bubbling away, cook mushrooms in 1 tbsp butter over medium heat until soft and brown. Remove from pan.
3. In your old mushroom pan, cook apples on high heat in 1 tbsp butter until \*just\* soft (1-2 minutes). Remove from pan.
4. In the same pan, cook onion in oil until soft. Add garlic and cook for 1 minute, then add mushrooms and apples. Sprinkle cornflour on top, then pour over the remaining stock (400ml).
5. Simmer on medium until sauce thickens. Add cream, if using, and season with salt and pepper. Pour polenta into bowls and spoon sauce on top. Garnish with herbs, if using.

Tip: Cooking things separately (like we do in this recipe) helps to get yummy browning flavours on all the ingredients, not just the first thing that goes into the pan!



**SAVE FOOD.  
SAVE MONEY.  
SAVE THE PLANET.**