

Difficulty:
Easy



Time:
60 minutes



Polenta and mushroom tart



Allergens: Dairy

What is it?

Polenta is cornmeal and very bland on its own but when you pack it full of flavor it's delicious.

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Butter	15g	25g	25g
Vegetable stock	425g	850ml	850ml
Polenta	100g	200g	200g
Parmesan	50g	100g	100g
Rosemary leaves	1/4tsp	1/2tsp	1/2tsp
Mushrooms	200g	400g	400g
Thyme	1/4tsp	1/2tsp	1/2tsp
Mozzerella	70g	140g	140g
Rocket	garnish	garnish	garnish

**AVERAGE COST
PER PERSON
£1.15**

Kit list:

- Saucepan
- Baking tray
- Whisk

Make it your own!

You can add more or less herbs depending on your preference.

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Heat oven to 200/gas 6

Step 2: Place stock in a pan and bring to a boil then slowly add the polenta whisking constantly

Step 3: Remove polenta from the heat and stir in the parmesan, butter, rosemary and a generous amount of salt and pepper. Spread out over a greased tray and bake for 30 minutes.

Step 4: Meanwhile slice and fry the mushrooms with some oil and thyme.

Step 5: Top the baked polenta with the mushrooms and spread the mozzarella over the top bake for another 10 minutes until the cheese has melted.

Step 6: Allow to rest for 5 minutes then scatter the top with the rocket and serve.



What did you think of this recipe? Colour in the stars to give it a rating!

