



## Roasted Mushrooms & Kale

with Creamy Polenta



30-40min



2 Servings

Onions, meaty mushrooms, and kale roast in the oven while you prepare creamy polenta. The roasted veggies get tossed in vinegar while still hot so they really sponge up the bright flavor. Once the veggies hit the polenta, the flavors mingle along with nutty Parmesan cheese and black pepper. Nutritious? Check. Decadent? Check.



## What we send

- ½ lb mushrooms
- 1 red onion
- 1 bunch curly kale
- ¾ oz Parmesan <sup>2</sup>
- 3 oz quick-cooking polenta
- 1 oz cream cheese <sup>2</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- 1-2 large eggs <sup>1</sup>

## Tools

- microplane or grater
- rimmed baking sheet
- small saucepan

## Allergens

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 590kcal, Fat 31g, Carbs 51g, Protein 24g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the top position.

Trim stems from **mushrooms** and halve (quarter if large). Halve **onion** and thinly slice. Strip **kale leaves** from stems and tear into bite-size pieces, discarding stems.

Grate **Parmesan**, if necessary.



### 2. Roast mushroom & onion

On a rimmed baking sheet, toss **mushrooms** and **onions** with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on top oven rack until vegetables begin to soften, 10-15 minutes.



### 3. Cook polenta

In a small saucepan, bring **2½ cups water** to a boil. Whisk in **polenta** and **1 teaspoon salt**; bring to a boil. Cover and reduce heat to low, stirring occasionally, until grains are tender and polenta is thickened, 6-8 minutes. Stir in **cream cheese** and **half of the Parmesan**; season to taste with **salt** and **pepper**. Cover to keep warm off heat.



### 4. Roast kale

Meanwhile, in a large bowl, toss **kale** with **2 tablespoons water**, **1½ tablespoons oil**, and **a pinch each of salt and pepper**. Scatter kale and liquid from bowl over **mushrooms** and **onions**.

Roast on top oven rack until kale is slightly wilted and vegetables are tender, about 5 minutes.



### 5. Add eggs

Remove **vegetables** from oven and switch oven to broil.

Pour **1 tablespoon vinegar** over veggies and toss to combine; season to taste with **salt** and **pepper**. Make 1-2 openings in veggies and crack **1 large egg** into each; season with **salt** and **pepper**. Sprinkle **remaining Parmesan** all over.



### 6. Broil & serve

Broil on top oven rack until **egg white** is set but yolk is still runny, 1-3 minutes.

Serve **polenta** topped with **roasted vegetables** and **eggs**. Drizzle with **olive oil** and top with **a few grinds of pepper**. Enjoy!