

DINNERLY



Portobello Steak with Parsnip-Potato Mash & Buttery Peas



30min



2 Servings

Parsnips are a sweet, nutty root vegetable similar to carrots. So it makes perfect sense why they taste so good mashed with starchy potatoes, milk, and lots of butter. Not only that, but served next to a juicy, herby portobello steak? We mean...helloooo. Could veggie night get any better? Probs not. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 1 parsnip
- ¼ oz granulated garlic
- ½ oz tamari soy sauce ²
- 6 oz portobello mushroom
- ¼ oz fresh thyme
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- ½ cup milk ¹
- butter ¹
- balsamic vinegar (or red wine vinegar)
- olive oil
- sugar

TOOLS

- medium saucepan
- potato masher or fork
- microwave
- medium skillet

ALLERGENS

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

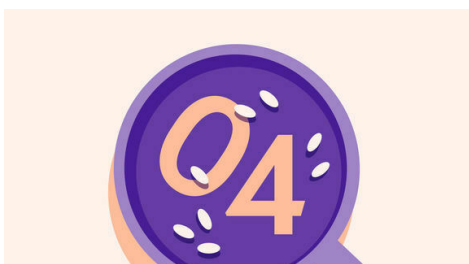
NUTRITION PER SERVING

Calories 690kcal, Fat 44g, Carbs 67g, Protein 13g



1. Make potato-parsnip mash

Peel **potatoes**; cut into 1-inch pieces. Peel **parsnip**; thinly slice ¼ cup (save rest). Add to a medium saucepan with enough **salted water** to cover by 1 inch. Cover; bring to a boil. Uncover; cook until tender, 15 minutes. Drain; return to saucepan off heat. Add ½ **cup milk**, ¼ **teaspoon granulated garlic** and 2 **tablespoons butter**; mash with a potato masher or fork. Cover to keep warm.



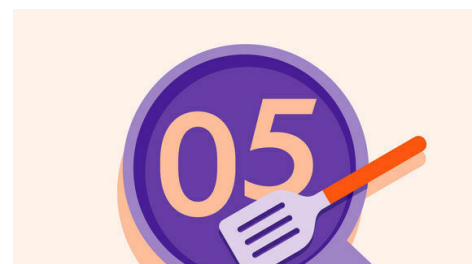
4. Sear mushrooms

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **mushrooms** (reserve marinade), cap-side down; sear until browned and softened, 2–3 minutes per side (reduce heat if browning too quickly). Add **reserved marinade**, ½ **teaspoon sugar**, and ¼ **cup water**; boil until slightly reduced, 1–2 minutes. Swirl in ½ **tablespoon butter** until melted.



2. Marinate mushrooms

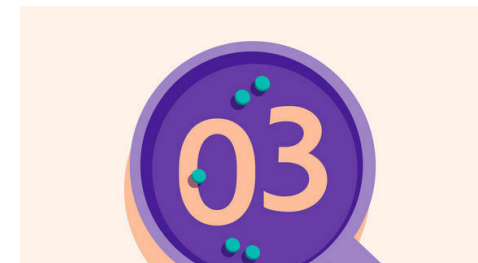
Remove stems from **portobellos**. In a medium bowl, whisk to combine **tamari**, ¼ **teaspoon granulated garlic**, 1 **tablespoon vinegar**, and 2 **tablespoons oil**. Add **portobello caps** and 2 **sprigs of the thyme**; toss to coat. Set aside to marinate until step 4.



5. Finish & serve

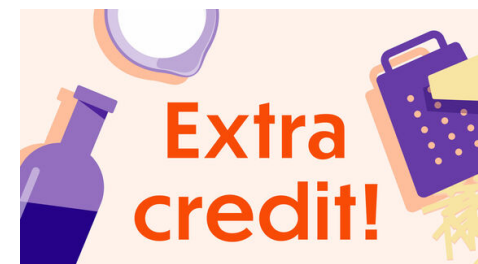
Transfer **mushrooms** to a cutting board and slice, if desired.

Serve **portobello steaks** with **parsnip-potato mash** and **buttery peas** alongside, and with **pan sauce** spooned over top. Garnish with **some of the remaining thyme leaves**, if desired. Enjoy!



3. Microwave peas

In a medium microwave-safe bowl, combine **all of the peas** with 1 **tablespoon butter** and a **pinch each of salt and pepper**. Microwave on high until peas are warmed through and glossy, 2–3 minutes. Gently toss to coat peas; season to taste with more **salt and pepper**, as needed.



6. Add onions!

Add onions for a little sweetness! Before searing the mushroom steaks in step 4, sauté sliced onions with butter or oil over low heat until softened and beginning to brown. Add mushrooms, marinade, and remaining ingredients, and continue as directed in step 4.