



**NUTRITION** *per serving* 57g carbohydrates 32g fat 26g protein 1960mg sodium | low-calorie, vegetarian, gluten-free, soy-free, shellfish-free



Calories  
625



Prep & Cook Time  
35-45 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR BOX

- 8 oz. Cremini Mushrooms
- 1 Shallot
- 1 oz. Julienned Sun-Dried Tomatoes
- ½ oz. Pine Nuts
- ¾ cup Quick-Cooking Polenta
- 3 oz. Shaved Parmesan
- .9 oz. Butter
- 2 fl. oz. Sherry Wine
- 2 oz. Baby Spinach

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Small Bowl
- Large Non-Stick Pan

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HOME CHEF

## Creamy Parmesan Polenta

with cremini mushroom and sun-dried tomato sauté

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring **3½ cups** of water to a boil in a **small pot**
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Parmesan** is used twice. Most is added to **polenta**, and a pinch is reserved for garnish.
- **Heads Up! Butter** is used twice. Half is stirred into **cooked polenta** and remaining goes in **sauté**.
- If **polenta** gets too firm while sitting, whisk in **water 2 Tbsp.** at a time over medium heat to return to smooth consistency.

## FROM THE CHEF

Add polenta to boiling water in a slow stream while whisking to prevent lumps from forming.

### Did you know...

Pine nuts are known as “pignoli” in Italian and are used in everything from pestos to cookies flavored with amaretto.



1

### Prepare the Ingredients

Cut **mushrooms** into  $\frac{1}{3}$ " slices. Peel and halve **shallot**. Cut into  $\frac{1}{4}$ " slices. Carefully ladle out  $\frac{1}{2}$  cup **boiling water** and add to a small bowl with **sun-dried tomatoes**. Set aside to rehydrate.



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### Start the Sauté

Return pan used to toast pine nuts to medium-high heat. Add 1 Tbsp. **olive oil** and **mushrooms** to hot pan. Cook, stirring occasionally, until browned and tender, 3-5 minutes. Add **shallots** and cook, stirring occasionally, until slightly softened, 1-2 minutes.



2

### Toast the Pine Nuts

Place a large non-stick pan over medium heat. Add **pine nuts** to dry, hot pan and toast while stirring until golden brown, 1-2 minutes. Transfer to a plate and reserve pan (no need to wipe clean).



5

### Finish the Sauté

Add **sherry** to pan and cook until mostly reduced, 2-3 minutes. Add **sun-dried tomatoes** and **rehydrating liquid** and cook until mostly reduced, 3-5 minutes. Remove from burner and add **spinach**,  $\frac{1}{2}$  tsp. **salt**,  $\frac{1}{4}$  tsp. **pepper**, and remaining **butter**. Stir together until butter is incorporated and spinach is wilted. *If polenta gets too firm while sitting, whisk in water 2 Tbsp. at a time over medium heat to loosen.*



3

### Cook the Polenta

Pour **polenta** in a steady stream into remaining **boiling water** while whisking. Continue whisking over medium-high heat until polenta comes to a boil, 1-2 minutes. Whisk in **Parmesan cheese** (reserve a pinch for garnish), **half the butter** (reserving remaining for sauté),  $\frac{1}{2}$  tsp. **salt**, and a pinch of **pepper** until fully incorporated. Remove from burner. Taste and add more salt if desired. *Polenta should be thick and creamy.* Cover and set aside.



6

### Plate the Dish

Place **polenta** on a plate or in a shallow bowl. Top with **mushroom and sun-dried tomato sauté** and sprinkle with **pine nuts**. Garnish with reserved **Parmesan**.