



NUTRITION per serving 95g carbohydrates 17g fat 8g protein 1273mg sodium | vegetarian



Calories
630



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Intermediate



Spice Level
Mild



Italian Fried Mushroom Sub

with garlic herb fries

IN YOUR BOX

1 Russet Potato
2 Garlic Cloves
.125 oz. Oregano
6 oz. Cremini Mushrooms
6 oz. Crushed Tomatoes
1 tsp. Sugar
¼ tsp. Red Pepper Flakes
6 fl. oz. Canola Oil
½ cup Tempura Mix
2 French Rolls

CONTAINS: eggs, wheat, soy
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
2 Medium Non-Stick Pans
2 Mixing Bowls

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ **Heads Up!** **Garlic** and **oregano** are used **twice**. Half of both are added to **sauce** and remaining are added to **fries**.
- ❑ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.
- ❑ Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use less for making **fries** if preferred.

FROM THE CHEF

Make sure to work in batches when frying mushrooms and don't worry if they aren't completely submerged in oil.

Did you know...

A gigantic mushroom in Oregon is the largest living organism ever found. The *Armillaria ostoya* is 3½ miles across. Spreading through tree roots, the mushroom's area is as big as 1,665 football fields. Its weight is unknown, but safe to say, probably more than the mushrooms in your box today.



1

Start Fries and Prepare Ingredients

Cut **potato** into ½"-thick fries. Place fries on prepared baking sheet in a single layer and spray with cooking spray. Tightly cover with a second piece of foil. Bake 20 minutes. *Fries will finish cooking in a later step.* While fries bake, mince **garlic**. Stem and mince **oregano**. Halve **mushrooms**. (Quarter if larger than a ping-pong ball.)



2

Make the Sauce

Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add half the **garlic** (reserve remaining for fries) to hot pan and cook until golden and aromatic, 30-90 seconds. Stir in **crushed tomatoes**, half the **oregano** (reserve remaining for fries), **sugar**, ¼ tsp. **salt**, and a pinch of **pepper**. Add **red pepper flakes** (to taste). Cook until warmed through, 1-2 minutes. Remove from burner.



3

Bread the Mushrooms

Line a plate with a paper towel. Place another medium non-stick pan over medium-high heat and add **canola oil**. Combine **tempura mix** and ½ cup **cold water** in a mixing bowl. Add cold water, 1 Tbsp. at a time, until batter is very thin. Coat **mushrooms** in batter completely.



4

Cook the Mushrooms

Test **oil** temperature by adding a drip of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. Working in batches, carefully place **mushrooms** in hot oil and fry, turning occasionally, until golden brown and crispy, 4-6 minutes. *Mushrooms will not be fully submerged in oil.* Remove to towel-lined plate.



5

Finish Fries and Toast Buns

Immediately return pan used to fry mushrooms, with **oil**, to medium-high heat. Add **fries** to hot oil and flip occasionally until golden brown and crispy, 4-6 minutes. Transfer to another mixing bowl with remaining **oregano**, remaining **garlic** (to taste), and ¼ tsp. **salt** and toss to coat. While potatoes fry, warm rolls directly on oven rack, 3-5 minutes.



6

Finish the Dish

Spoon 2 Tbsp. **sauce** on inside of each **roll**. Arrange **fried mushrooms** on top of sauce. Place sandwich on a plate and serve **fries** and remaining sauce alongside.