

Portobello wellington

Portobello mushroom with spinach in puff pastry (vegetarian)

Serves 4 · Vegetarian

Ingredients

- **4** medium portobello mushrooms
- vegetable stock for blanching
- **2 tbsp** olive oil
- **2** shallots, chopped
- **4 cloves** garlic, chopped
- **200 g** spinach
- **50 g** pine nuts, toasted
- **100 g** grated cheese
- **1 tbsp** breadcrumbs
- salt and pepper
- **4 sheets** puff pastry
- **1** egg yolk for brushing
- sesame seeds to garnish

Method

PREPARATION

1. Preheat the oven to 190 °C.
2. Wash the mushrooms and remove the stalks. Briefly blanch them in vegetable stock and drain on kitchen paper.
3. Fry the shallots and garlic in 2 tbsp olive oil. Add the spinach and cook until wilted. Season with salt and pepper.
4. Stir in the toasted pine nuts, grated cheese and breadcrumbs.

WRAPPING AND BAKING

5. Divide the spinach mixture over the mushrooms.
6. Place a mushroom on each sheet of puff pastry, filling side down. Roll the pastry out a little if needed so you can wrap the mushroom completely.
7. Brush the edges of the pastry with egg yolk and fold into a parcel.
8. Place the parcels seam side down on a baking tray lined with baking paper. Brush the tops with egg yolk and sprinkle with sesame seeds.
9. Bake the portobello parcels for about 18 minutes, until the pastry is golden brown.
10. Serve with a chive or pepper sauce.

EQUIPMENT

Knife, chopping board, pan for the stock, kitchen paper, frying pan, pastry brush, baking tray with baking paper