

VEGAN MUSHROOM WELLINGTON



Ingredients for 6 portions:

- 750 g mushrooms
- 125 g cooked rice or lentils, or sub more mushrooms
- 1-2 tbsp olive oil
- 1 large onion, peeled and chopped
- 4 garlic cloves
- 150 g baby spinach
- 2 tbsp mustard
- salt and pepper to taste
- 4 twigs of thyme
- 100 g chopped walnuts or pecans
- 60 g vegan parmesan or other dairy-free cheese
- 2-3 tbsp fine oats
- 1 sheet vegan puff pastry

Vegan Eggwash (for brushing):

- 2-3 tbsp plant-based milk
- Pinch of turmeric for the color

Preparation Filling:

(you can make this ahead):

1. Finely chop the mushrooms. (Optionally, reserve 3-4 large mushrooms to place in the center).
2. Heat 1 tbsp oil in a large frying pan. Add the onions and sauté until translucent, about 3 minutes. Add the mushrooms, season with salt and pepper, and fry until golden browned, about 5 minutes. Transfer onto paper towels to drain.
3. Place the pan back on the heat with the rest of the oil. Sauté the garlic for a few seconds, then add the spinach and cook for 2-3 minutes until wilted. Transfer to a colander to drain and squeeze thoroughly. (Or simply thaw frozen spinach, and squeeze).
4. To a bowl, add cooked rice, fried mushrooms, and onions, spinach, chopped walnuts, mustard, dairy-free cheese or vegan parmesan, and oats as needed. Stir to combine, and adjust seasonings to taste. Wrap the mixture tightly in foil and refrigerate to cool completely.

Assemble the Loaf:

1. Preheat the oven to 390°F (200°C).
2. Put the puff pastry sheet on a baking tray lined with parchment paper. Place the filling in the middle of the pastry and unwrap. Press the large mushrooms (you've set aside in step 1) into the filling (optional).
3. Carefully fold the sides of the pastry over the filling to create a well-packed loaf. Press the ends together to seal, then roll over the loaf so that the seams are on the bottom.
4. Gently cut little slits on the top using a sharp knife (but do not cut all the way through). Then brush with a bit of plant-based milk mixed with turmeric.
5. Bake the Wellington for approx. 20-25 minutes, until golden, puffed, and flaky.
6. Serve immediately with creamy mushroom sauce or vegan gravy over mashed potatoes or with bread dumplings on the side. Enjoy!

