

# Shiitake Mushroom Patties

## with yoghurt sauce and slow roasted tomatoes



### Ingredients

#### Roast tomatoes

20 grape or cherry tomatoes  
1 teaspoon balsamic  
1 teaspoon olive oil  
ground black pepper and sea salt

#### Patties

50g Brazil nuts  
75g toasted cashew nuts  
Lemon peel from ½ lemon (TMX) or zest from half lemon (conventional)  
1 teaspoon sea salt  
1 cup parsley, packed  
50g parmesan, cubed  
2 cloves garlic  
2 medium French shallots (75g)  
2 Tablespoons olive oil  
75g button mushrooms  
100g Shiitake mushrooms  
1 egg, lightly beaten  
1 Cup (80g) quinoa flakes  
½ teaspoon pepper  
olive oil to coat patties

#### Yoghurt tahini sauce

1 cup thick Greek yoghurt  
1 clove garlic, minced  
1 tablespoon tahini

makes 30 bite size patties



### Method

#### **Roast tomatoes**

1. Slice tomatoes in half and drizzle with combined balsamic, olive oil, salt and pepper. Roast cut side up at 160C for 30 mins - 1 hour.
2. Remove when caramelised and set aside until needed (these can be refrigerated for several days.)

#### **Patties**

##### **Thermomix (TMX) method**

1. Measure nuts into the TMX bowl and chop 5 seconds speed 5. Transfer to a medium sized bowl.
2. Chop lemon peel and salt, 10 seconds, speed 10.
3. Add parsley & parmesan and chop 5 seconds speed 8. Transfer to the bowl with the nuts.
4. Chop garlic, speed 9 for 3 seconds.
5. Add shallots and chop 3 seconds, speed 6.
6. Add oil and saute 3 minutes @ varoma temp reverse wooden spoon.
7. Sauté further 2 minutes at 100, reverse wooden spoon.
8. Add mushrooms and chop 4 seconds speed 6.
9. Scrape down sides, add egg and process again 2 seconds reverse, speed 4.
10. Add quinoa flakes and chopped ingredients from the bowl to TMX and mix 5 seconds, reverse, speed 4. Proceed to cooking method.

##### **Conventional method**

Ready a large bowl and add the ingredients to it once they are prepped.  
Process brazil and cashew nuts until medium (not too coarse or fine) in a food processor.  
Chop parsley, grate parmesan and zest lemon.  
Chop mushrooms in FP until coarse & transfer to the bowl. Finely dice french shallots and garlic and saute with olive oil in large frying pan until soft - about 10 minutes.  
Lightly whisked egg and mix into bowl with all remaining ingredients including quinoa flakes.  
Mix well with hands.

##### **Cooking**

Ready and grease a baking tray, measure out 30 balls (about 2 - 3 teaspoons each).  
Oil hands and roll into balls. Place on greased oven tray. Increase oven heat to 180C and cook 12 minutes.  
Turn carefully over and cook further 8 minutes

##### **Yoghurt tahini sauce**

Whisk ingredients in a small bowl until well combined and thick. Refrigerate until required.

Once cooked transfer mushroom patties to a platter, allow to cool a little. Add dollop of Yoghurt tahini sauce, top with a tomato and some chopped parsley.