



Creamy Coconut, Spinach & Mushroom Polenta

Prep Time: 10 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

490 Calories

27 total grams of fat

990 mg of sodium



INGREDIENTS: **** Items not included in kit**

POLENTA BASE:

- 1 cup medium grain quick cook polenta
- 1 (13.66 oz) can coconut milk
- 3 cups vegetable broth
- Salt & pepper, to taste**

MUSHROOM TOPPING:

- 1 TB olive oil**
- 1 cup sliced onion
- 2 garlic cloves, minced
- 16 oz baby Bella mushrooms, sliced
- 3 TB balsamic vinegar
- 1 TB maple syrup
- 1 TB water**
- 1 (15.5 oz) can chickpeas, rinsed & drained
- 10 oz. baby spinach
- Salt & black pepper, to taste**

DIRECTIONS:

POLENTA BASE:

1. In a large saucepan bring **3 cups vegetable broth** and **can of coconut milk** to a boil. Slowly add **polenta** and whisk continuously for 5-8 minutes to avoid clumping. Season with **salt and pepper to taste**, and add more broth to reach desired consistency.

MUSHROOM TOPPING:

1. Wipe **mushrooms** clean of any dirt and discard the mushroom stems. Slice the **mushrooms**, set aside. Peel and mince the **2 garlic cloves**, set aside.
2. Heat **1 TB olive oil** in a large skillet over medium high heat. Add the **sliced onions** and sauté for 5 minutes. Add the **sliced mushrooms** and sauté for 5 minutes. Then add the **minced garlic cloves, balsamic vinegar, maple syrup, 1 TB water** and cook for 8 minutes or until mushrooms are tender. Season with **salt and pepper to taste**. Reduce the heat to medium low and add in the rinsed and drained can of **chickpeas** and cook for 2 minutes. Add in the **spinach** and stir until spinach is wilted, about 2-3 minutes.
3. To serve, plate polenta and top with the mushroom mixture.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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