



**IN SEASON!**

# MARVELLOUS MUSHROOMS

**We know mushrooms have had a bad rap recently, but their versatility, flavour and nutritional benefits are too good to ignore! Together with our friends at Mood Food Nutrition, we're helping you make healthier eating easier these holidays.**

Mushrooms are a fantastic source of fibre, protein, and antioxidants, all wrapped up in a tasty and versatile package. Dive into a plate of mushies, just like this delicious salad, and you're fueling your body with essential vitamins and minerals like selenium, zinc, and a range of B vitamins, including B1, B2, B5, B6, and B12.

And the benefits don't stop there: research suggests that certain mushroom varieties can be beneficial for brain health, enhancing memory, cognition, and even lifting your mood.

That's right, mushrooms aren't just great on your taste buds - they're a feast for your mind too!

Ready to take your health journey to the next level?

Join us today for a holistic approach to your wellness!

[fitnesspassport.com.au/info/](https://fitnesspassport.com.au/info/)



# BULGUR WITH MUSHROOMS FETA & DILL.

## INGREDIENTS:

150g bulgur wheat (health food aisle)

250ml boiling water

65ml extra virgin olive oil

1 onion, large

2 tsp cumin seeds (or ground)

500g mushrooms  
(use one variety or a mixture)

2 tbsp thyme, picked leaves

2 tbsp balsamic vinegar

10g dill

1 tbsp chilli flakes

1 spinach/rocket mix bag

2 tbsp Danish feta



4  
SERVINGS



25  
MINUTES

## METHOD:

1. Rinse the bulgur wheat and place in the large salad bowl that you plan to serve the salad in. Stir in  $\frac{1}{4}$  tsp of salt and a decent grind of pepper, then pour over the 250ml boiling hot water. Cover the bowl with cling wrap and set aside for 20 minutes until the water has been absorbed and the bulgur is soft. Drain any remaining liquid.
2. Put 2 tbsp of olive oil into a large fry pan and place on medium to high heat. Add the onion and fry for 7-8 minutes until soft and caramelised.
3. Add 1 tsp of cumin and continue to fry for 1-2mins until dark golden brown. Remove from the pan and place into a small bowl.
4. Add another 2 tablespoons of olive oil into the same pan and increase the heat to high. Mix in the mushrooms and  $\frac{1}{2}$  teaspoon of salt and fry for 6-7minutes stirring frequently until the mushrooms have browned and softened.
5. Add the remaining 1 tsp of cumin and the thyme and continue to heat for 1 minute, stirring continuously. Pour in the balsamic vinegar and continue to cook for about 30 seconds. The mushrooms should reduce to practically nothing.
6. Stir in the bulgur wheat, onion, dill, feta and chilli flakes until warmed through, then remove from heat.
7. Using your fingers gently mix the rocket and spinach mix through the bulgur wheat. Sprinkle some extra dill on top of the salad and drizzle with olive oil.