

Pesto Portobello Mushrooms with Sorghum

Prep 20 mins | Cook 30 mins | Serves 4

GF NF* SF OF*

This wholesome dish combines nutty sorghum, veggies galore, and 'meaty' portobello mushrooms, all tied together with a zesty almond pea pesto. With a variety of textures and flavours, it's not only insanely delicious, but nutritionally spot on too.

- ⅔ c sorghum
- 8 portobello mushrooms
- drizzle olive oil
- ½ tsp dried rosemary
- 2 x 400g cans white beans, drained & rinsed
- 4 handfuls of rocket
- 1 lemon, zest and juice
- ½ c almonds, roasted & chopped
- salt & pepper to taste

Almond Pea Pesto

- 2 handfuls baby spinach
- ½ c frozen peas
- ¼ c almonds
- 1 lemon, zest and juice
- 1 clove garlic
- ¼ c olive oil
- salt & pepper to taste

- 01** In a small pot, combine sorghum with 2 cups of water. Bring to a boil, then reduce to a simmer and cook for 50 minutes or until tender. You can soak your sorghum the night before to reduce the cooking time.
- 02** Bring another small pot of water to a boil on the stovetop. Add spinach and peas, cook for a few minutes until tender, then drain and transfer to a food processor. Add almonds, lemon (zest and juice), and garlic. Pulse to a finely chopped, chunky mixture. With the motor running, slowly drizzle in the olive oil, then season with salt and pepper to taste.
- 03** Drizzle the portobello mushrooms with a little olive oil, sprinkle with rosemary, and season with salt and pepper. Rub the oil and seasonings evenly over the mushrooms. Heat a pan over medium-low heat, add the mushrooms, and cook until tender. Slice into thick wedges.
- 04** In a large bowl, combine sorghum, pesto, beans, rocket, and sliced portobello mushrooms. Squeeze lemon juice on top, top with almonds and lemon zest, and season with salt and pepper to taste. Mix well to combine, then serve - will keep in the fridge for 3-4 days.

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.