



Portobello Wellington

Categories: Main Dishes

Yield: 8

Ingredients

Amount	Ingredient	Preparation
1	Creamy Horseradish sauce	
1	Mushroom duxelles	
16	portobello mushrooms	
4	Puff pastry	
to taste	salt	
to taste	pepper	
24 ounces	roasted red pepper	
1 bunch	fresh basil	
2	eggs	

Instructions

Remove puff pastry from freezer and allow to thaw in the refrigerator overnight.

Preheat oven to 375 degrees

Snap the stems off the mushrooms and use a spoon to scrape the gills from the interior of the mushrooms.

Rub both sides of the mushrooms with olive oil, salt, and pepper. Place on baking sheet, cap side up. Bake in the oven for 7 minutes, then flip the mushrooms and cook for an additional 7 minutes or until tender.

Make an egg wash with the two eggs and some water.

Cut each sheet of puff pastry into four equal squares. Place some egg wash on the center of the pastry then place a mushroom on that, cap side down. Layer the duxelles, 1-2 roasted red peppers, and basil leaves. Finish with a second portobello mushroom cap side up.

Fold the centers of the pastry around the mushroom, bringing them together at the top and press closed. Use some egg wash to help make the dough sticky to seal closed.

Place on parchment-paper lined baking sheet with folded side down.

Brush just the tops of the Wellingtons with egg wash. Bake in the oven for 12-15 minutes until pastry is golden.

Properties

- water: 0g
- energy: 16.3kcal
- protein: 1.3g
- fat: 1.2g
- ash: 0.1g
- carbohydrates: 0.1g
- dietary fiber: 0g
- sugar: 0g
- calcium: 5.9mg
- iron: 0.2mg
- copper: 0mg
- manganese: 0mg
- selenium: 3.2?g
- vitamin C: 0mg
- thiamin: 0mg
- riboflavin: 0mg
- niacin: 0mg
- pantothenic acid: 0.2mg
- vitamin B: 0mg
- folate: 5.1?g
- vitamin A (RAE): 16.4?g
- retinol: 16.4?g
- vitamin E: 0g
- vitamin K: 0?g
- alpha-carotene: 0?g
- beta-carotene: 0?g
- beta-cryptoxanthin: 0?g
- lycopene: 0?g
- lutein+zeaxanthin: 0?g
- saturated fat: 0.4g

- magnesium: 1.3mg
- phosphorus: 19mg
- potassium: 13.7mg
- sodium: 14.6mg
- zinc: 0.2mg

- folic acid: 0?g
- food folate: 5.1?g
- folate (DFE): 5.1?g
- vitamin B12: 0.3?g
- vitamin A: 54.5IU

- monounsaturated fat: 0.5g
- polyunsaturated fat: 0.2g
- cholesterol: 53.6mg