



# MUSHROOM PHILLY CHEESESTEAKS

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 500/SERVING



Earthy cremini mushrooms in a flavourful marinade topped with pan-fried onions and green bell peppers! This delicious and cheesy sandwich is super easy to prepare and will leave you feeling satisfied.

## WHAT YOU'LL NEED

- Large pan
- Medium pan
- Baking tray

- Oil





OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Mushrooms	8-10 oz	16-20 oz
Green pepper	1	2
Onion	1	2
Garlic	2 cloves	4 cloves
Demi baguette	2	4
Vegan cheddar shreds	1/4 cup	1/2 cup
Marinade (M)	2 tbsp	4 tbsp
Dijon mayo	2 tbsp	4 tbsp



Preheat oven to 350°F. Prep ingredients: thinly slice **mushrooms**, roughly chop **green pepper** and **onion**, and mince **garlic**.



Heat 2 tbsp of **oil** (4 tbsp for 4 servings) in a large pan over medium heat. Once hot, add **mushrooms**, **garlic**, and **mushroom marinade**. Sauté for 8-10 minutes.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a medium pan over medium heat. Once hot, add **pepper** and **onion** and sauté for 8-10 minutes until softened.



Slice **buns** and spread **dijon mayo** on cut sides. Add **mushrooms**, **peppers**, and **onions** to each bun and top with **cheddar shreds**. Place on baking tray and place in oven for 5 minutes to melt cheese, then serve.

Nutrition Facts		Valeur nutritive	
Per Serving (368 g) pour 1 (368 g)			
Calories 500	% Daily Value*		
Fat / Lipides 13 g		% valeur quotidienne*	
Saturated / saturés 3.0 g			17 %
+ Trans / trans 0 g			15 %
Carbohydrate / Glucides 82 g			
Fibre / Fibres 8 g			29 %
Sugars / Sucres 10 g			10 %
Protein / Protéines 18 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 980 mg			43 %
Potassium 800 mg			17 %
Calcium 225 mg			17 %
Iron / Fer 4.5 mg			25 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup			