

# Roasted Sweet Potato Rounds, Carrots & Broccollette En Papillote

*with Feta Cheese & Crispy Shiitake Mushrooms*

Piment d'Espelette is a chili pepper that has become a mainstay of Basque cuisine. It was originally cultivated in Mexico, but made its way to Southwestern France in the 1500's. Its production is controlled and its name protected for quality. But what's really special about this ingredient is its flavor. Piment d'Espelette has a complex heat and hints of brine and stone fruit, making it a delicate, gourmet addition to this classic dish.



## Ingredients

- 4 Baby Carrots
- 10 Shiitake Mushrooms
- 3 Tablespoons Walnuts
- 2 Cloves Garlic
- 1 Bunch Broccollette
- 1 Bunch Chives
- 1 Bunch Thyme
- 1 Lemon
- 1 Shallot
- 1 Sweet Potato
- 1 Cup Bulgur
- 4 Tablespoons Butter
- ½ Teaspoon Piment d'Espelette
- 2 Parchment Bags
- 2 Ounces Feta, Crumbled

Makes 2 Servings

About 525 Calories Per Serving

# Instructions



## Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Thinly slice the carrots. Cut off and discard the stems of the mushrooms. Roughly chop the walnuts. Peel and mince the garlic and shallot. Trim off and discard the bottom inch of the broccettole. Mince the chives. Pick the thyme leaves off the woody stems. Using a peeler, remove the yellow rind of the lemon (avoiding the white pith); mince the rind to get 2 teaspoons of zest. Cut the lemon into quarters and remove the seeds. Peel and thinly slice the sweet potato.



## Cook the bulgur:

Once the water is boiling, add the **bulgur** and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and return to the pot.



## Make the lemon-shallot butter:

While the bulgur cooks, in a small pan, melt the **butter** on medium. Add the **shallot, garlic, lemon zest and thyme** and cook, stirring occasionally, 2 to 3 minutes, or until fragrant and thoroughly combined. Remove from heat and stir in **the juice of 2 lemon wedges**.



## Fill & seal the packets:

Combine the **cooked bulgur, lemon-shallot butter and half of the piment d'Espelette** and season with salt and pepper. In a large bowl, toss the **broccettole, sweet potato and carrots** with olive oil and season with salt and pepper. Divide the **dressed bulgur** between the **2 parchment bags** and top each with half of the **seasoned broccettole, sweet potato and carrots**. Fold the open end of the parchment bag under and crease to tightly close.



## Roast the packets:

Gently transfer the sealed packets to a sheet pan. Place in the oven and roast 16 to 20 minutes, or until the paper is slightly browned and the vegetables are tender. Remove from the oven, and, using a knife, open the packets carefully (they may release a lot of steam).



## Roast the walnuts & mushrooms:

While the packets roast, place the **walnuts** on separate sheet pan. Place in the oven and toast 3 to 4 minutes, or until fragrant and lightly brown. Transfer to a small bowl and wipe off the pan. Using the same pan, arrange the **mushrooms** in a single layer. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast in the oven 8 to 10 minutes, or until browned. To plate your dish, place 1 **opened packet** on each plate and top with the **feta cheese, toasted walnuts and chives**. Garnish with the **crispy mushrooms** and remaining **Piment D'espelette and lemon wedges**.