



Grilled Portobello Mushrooms with Mashed Cannellini Beans and Harissa Sauce

Savannah · 28/09/2024



Prep Time

38 mins

Difficult

Medium

Servings

4

Description

This appetizer is loaded with so many flavors and its vegetarian and healthy Give it a shot if you want to impress It may sound like a ton of work but it really is simple If you like bold flavors you will love it

Ingredients

- - 1 roasted red pepper
- peeled and minced - 2 tablespoons chopped shallot - 1 teaspoon minced garlic - 1 teaspoon olive oil - 1 teaspoon chopped fresh mint - 1 teaspoon lime juice - $\frac{3}{4}$ teaspoon Dijon mustard - $\frac{1}{2}$ teaspoon minced fresh cilantro - $\frac{1}{2}$ teaspoon salt - $\frac{1}{4}$ teaspoon red pepper flakes - 1 pinch ground coriander - 1 pinch ground black pepper - 1 pinch cayenne pepper - 2 cups canned cannellini beans - 2 cups water
- or as needed - 2 teaspoons truffle oil - $\frac{1}{2}$ teaspoon salt - $\frac{1}{4}$ teaspoon ground black pepper - 4 large portobello mushroom caps - 4 teaspoons olive oil - $\frac{1}{2}$ cup vegetable broth - $\frac{1}{4}$ teaspoon salt - $\frac{1}{4}$ teaspoon ground black pepper

Instructions

1. Mix roasted red pepper
2. shallot
3. garlic
4. 1 teaspoon olive oil
5. mint
6. lime juice
7. Dijon mustard
8. cilantro
9. 1/2 teaspoon salt
10. red pepper flakes
11. coriander
12. 1 pinch black pepper
13. and cayenne pepper together in a bowl to make harissa sauce. Combine cannellini beans and water in a small saucepan over medium-low heat; heat until warmed through
14. about 5 minutes. Drain. Combine drained beans
15. 2 teaspoons truffle oil
16. 1/2 teaspoon salt
17. and 1/4 teaspoon pepper in a food processor; puree until smooth. Preheat grill for medium heat and lightly oil the grate. Brush mushroom caps on both sides with 4 teaspoons olive oil; season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill mushrooms
18. gill-side up
19. basting frequently with vegetable broth
20. about 4 minutes per side. Top each mushroom cap with 1/2 cup bean puree and 2 tablespoons of harissa sauce. Cook's Note: Harissa sauce can be made the night before.