



Mushroom & tarragon strudels with madeira sauce

READY IN



90 min.

SERVINGS



6

CALORIES



541 kcal

Ingredients

- ☐ 2 onion halved thinly sliced
- ☐ 85 g butter
- ☐ 500 g mushrooms sliced
- ☐ 150 g mushroom caps
- ☐ 250 g pack chestnut mushroom sliced
- ☐ 4 garlic clove crushed
- ☐ 1 tbsp madeira wine
- ☐ 2 tbsp tarragon chopped
- ☐ 50 g breadcrumbs fresh

- ☐ 175 g alouette all natural sundried tomato and basil spreadable cheese sliced (from the deli)
- ☐ 125 g mushrooms
- ☐ 40 g pinenuts toasted ()
- ☐ 9 large sheets dough (we used Jusrol)
- ☐ 6 servings unrefined sunflower oil for brushing

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Fry the onions in 50g of the butter in a large pan.
- ☐ Add the sliced flat and chestnut mushrooms, then soften for 5 mins. Stir in the shiitake mushrooms and garlic, then turn up the heat and cook quite fiercely to drive off as much moisture as possible. Stir in the madeira, tarragon, breadcrumbs and tomatoes, then take the pan off the heat.
- ☐ In a separate pan, cook the button mushrooms and pine nuts in the remaining butter until the nuts are golden.
- ☐ Add to the mushroom and tomato mixture, then cool.
- ☐ Lay a sheet of filo on the work surface and brush with oil. Top with another sheet, brush again, then continue until you have a stack of 4 sheets of pastry.
- ☐ Spread half the filling down the longest length, leaving several cms at each end. Fold the pastry ends up over the filling, roll up like a cigar, then carefully lift onto a baking sheet.
- ☐ Brush with more oil, then tear the last filo sheet into strips, scrunch up and place half on top to decorate. Repeat with the rest of the pastry and filling to make a second strudel, then chill until ready to cook. Can be made 1 day ahead.
- ☐ To serve, bake in a preheated oven at 200C/fan 180C/gas 6 for 30 mins or until golden and heated through.
- ☐ Serve in slices, scattered with extra pine nuts and tarragon, with the madeira sauce.

Nutrition Facts



 **PROTEIN 8.62%**  **FAT 56.31%**  **CARBS 35.07%**

Properties

Glycemic Index:54.33, Glycemic Load:8.02, Inflammation Score:-7, Nutrition Score:23.15999998217%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 540.83kcal (27.04%), Fat: 34.75g (53.47%), Saturated Fat: 10.44g (65.28%), Carbohydrates: 48.71g (16.24%), Net Carbohydrates: 44.01g (16.01%), Sugar: 7.04g (7.82%), Cholesterol: 30.46mg (10.15%), Sodium: 502.76mg (21.86%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 11.97g (23.94%), Manganese: 1.18mg (58.79%), Vitamin B2: 0.86mg (50.69%), Vitamin E: 6.75mg (45.03%), Selenium: 31.41µg (44.88%), Vitamin B3: 8.53mg (42.64%), Copper: 0.74mg (37.22%), Vitamin B5: 2.79mg (27.86%), Vitamin B1: 0.41mg (27.5%), Phosphorus: 263.59mg (26.36%), Iron: 4.24mg (23.55%), Potassium: 786.19mg (22.46%), Folate: 79.5µg (19.87%), Fiber: 4.69g (18.78%), Vitamin B6: 0.36mg (18.07%), Zinc: 2.11mg (14.08%), Magnesium: 52.97mg (13.24%), Calcium: 126.95mg (12.7%), Vitamin A: 507.34IU (10.15%), Vitamin C: 6.38mg (7.73%), Vitamin K: 6.79µg (6.47%), Vitamin D: 0.35µg (2.33%), Vitamin B12: 0.14µg (2.28%)