

Christmas Vegetarian OR Vegan Mushroom Wellington

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-wellington-recipe-christmas>

Ingredients:

- 2 shortcrust pastry packs vegan, sheet
- 1 cup olive oil
- 1 clove garlic minced
- 2 small red onion diced
- 1 chilli pepper diced
- 1/2 teaspoon canela
- 1/2 teaspoon salt and pepper
- 1 tablespoon water
- 1 cranberries ½ cups, optional- this gives sour taste
- 1 kale ½ cups, or spinach if you prefer
- 10 1/2 ounces shiitake mushrooms or your favourite mushroom
- 10 1/2 ounces quinoa cooked
- 7 ounces chestnuts
- 1 sage leaf optional
- fresh rosemary uncheckedhandful of
- 1 handful fresh thyme
- 2 tablespoons milk
- 1 egg yolk

Nutrition:

1. Calories: 1340 calories
2. Carbohydrate: 121 grams
3. Cholesterol: 55 milligrams
4. Fat: 88 grams
5. Fiber: 17 grams
6. Protein: 20 grams
7. SaturatedFat: 16 grams

8. Sodium: 740 milligrams

9. Sugar: 3 grams

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