

Garlic Roasted Mushrooms with Walnut Crumble

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These earthy sponges draw in the combined walnut and blue cheese flavours. They’re great for serving at parties or as a vegetarian appetizer, and also make an excellent side dish for Prawns Veracruz (page 102) or Mighty Meatballs (page 140).

Serves	6	Per serve (2 mushrooms)
Prep time	15 minutes	Carbs 0.7 g
Cook time	2 minutes	Protein 9.0 g
Difficulty	●●●	Fat 16.4 g
		Energy 190 Cal

INGREDIENTS

12 medium portobello mushrooms
150 g blue cheese or feta, at room temperature
2 cloves garlic, finely chopped
1 tsp fresh or dried rosemary or thyme, finely chopped (optional)
¼ cup walnuts, chopped into small pieces

METHOD

Pre-heat your oven to 180°C for fan-assisted ovens (200°C for regular bake ovens). Line an oven tray with baking paper.

Trim or ‘pick’ the stem out of the mushrooms, lay on the prepared tray and drizzle with olive oil. Season with salt and freshly ground black pepper.

In a medium bowl, mix together the remaining ingredients and season with salt and freshly ground black pepper.

Spoon the mixture evenly into the mushrooms and bake for 6–7 minutes before switching to high grill and grilling for a further 2–3 minutes until golden and the walnuts have toasted. Keep an eye on the walnuts as they can burn easily.

