

Always ask for an adult's permission before cooking in the kitchen



Healthy stuffed Portobello mushrooms

Stuffed mushrooms make an easy starter or quick supper. Mix and match the fillings to whatever you like.

Recipe:

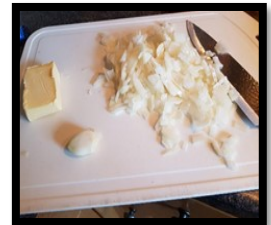
4 Portobello mushrooms, stems removed, finely chopped

2 tbsp olive oil, ½ onion, finely chopped

2 garlic cloves, finely chopped, 200g/7oz spinach

100g/3½oz goats' cheese or creamy cheese

50g/1¾oz cheddar, grated, salt and pepper



Method:

1. Heat the oven to 190C/170C Fan/Gas 5.
2. Coat mushrooms with 1 tsp of oil and place, mushroom upside-down, on a baking tray. Bake for 20 minutes until soft.
3. In a frying pan, add the onion and mushroom stems cook for 3 minutes until soft. Add the garlic and spinach.
4. Cook until the spinach has wilted. Cook until all the liquid in the pan has evaporated. Remove from the heat.
5. Mix goats' cheese, and ½ Cheddar into a bowl. Add cooked spinach and mix.
6. Remove the mushrooms from the oven, turn them over and spoon the filling between each one. Sprinkle remaining Cheddar over the top cook until golden brown. Serve and enjoy!

