



Recipe of the week

Mediterranean roasted mushrooms



Serves : 4 Prep: 20min Cook: 30min

Ingredients

- 8 large flat mushrooms, stems removed
- Olive oil spray
- 400g fresh low-fat ricotta
- 1 large zucchini, coarsely grated, drained
- 4 shallots, thinly sliced
- 60g (1/4 cup) semi-dried tomatoes, finely chopped
- 25g Pitted Kalamata Olives, coarsely chopped
- 1/4 cup fresh basil leaves, chopped
- 2 tablespoons pine nuts, toasted
- 1 egg, lightly whisked
- 100g baby rocket leaves
- 4 slices sourdough bread, chargrilled

Method

Step 1

Preheat oven to 200°C. Lightly spray mushrooms with oil. Place, cut-side up, on a lined baking tray.

Step 2

Combine the ricotta, zucchini, shallot, tomato, olive, basil, pine nuts and egg in a bowl. Season with pepper. Press onto mushrooms. Cover with foil and roast for 15 minutes. Remove the foil and roast for 10-15 minutes or until tender. Serve with rocket and bread.

Nutritional values per serve

Energy 1388KJ	Fat saturated 5g
Fat Total 15g	Carbohydrate sugars 10g
Carbohydrate Total 22g	Dietary Fibre 6g