



Mushroom Stuffed with Spinach, Breadcrumbs, Garlic & Herbs

Portions: 1

Preparation time: 30 minutes

Cooking time: 30 minutes



Cancer Charity
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Ingredients:

- 1 large flat mushroom
- 1 garlic clove (finely chopped)
- Handful spinach (chopped)
- Handful fresh parsley (chopped)
- 50g fresh breadcrumbs
- 1 tbsp olive oil
- Black pepper, to taste
- Salt, to taste

Method:

1. Preheat the oven to 180C/350F/Gas 4.
2. Remove the stalk from the mushroom and chop it finely. Heat the oil in a frying pan and gently fry the chopped mushroom stalk for one minute.
3. Add the breadcrumbs, parsley and garlic and fry for 2-3 minutes. Add the chopped spinach, season, to taste, with salt and freshly ground black pepper and fry for a further minute.
4. Place the mushroom onto a baking sheet and fill with the breadcrumb mixture. Transfer to the oven and bake for 6-8 minutes, or until the topping is golden brown and the mushroom is softened.
5. To serve, place the stuffed mushroom onto a serving plate.

Nutrition:

Nutrient	Quantity Per Portion
Energy (kJ)	1005
Energy (kcal)	240
Carbohydrate (g)	24.6
Protein (g)	5.9
Fat (g)	13.9
Fibre (g)	3.0
Sodium (mg)	1020
Iron (mg)	2.32