HEARTY & GROUNDING

Herb-Stuffed Mushrooms with Crispy Breadcrumbs

PREP	COOK	SERVES
20 min	25 min	4

Vegan Vegetarian

Large mushrooms filled with garlic, parsley and golden breadcrumbs, roasted until juicy. Vegan and easy to prepare ahead.

Ingredients

- 12 large chestnut or portobello mushrooms
- 4 tbsp olive oil
- 3 garlic cloves, finely chopped
- 1 small onion, finely chopped
- 80 g fresh breadcrumbs
- 3 tbsp chopped flat-leaf parsley
- 1 tbsp chopped thyme leaves
- 1 tbsp lemon juice
- Salt and black pepper

To serve

- Lemon wedges
- A green salad

Method

1. Heat the oven to 200°C. Twist the stalks out of the mushrooms and chop the stalks finely. Keep the caps.
2. Heat 2 tbsp of the oil in a pan and cook the onion and mushroom stalks for 5 minutes. Add the garlic and cook for 1 minute more.
3. Take the pan off the heat and stir in the breadcrumbs, parsley, thyme, lemon juice, salt and pepper.

4. Place the caps hollow side up on a lined baking tray, brush with a little oil and season lightly.
5. Pile the filling into the caps, pressing it down gently, and drizzle with the remaining oil.
6. Bake for 20 to 25 minutes, until the mushrooms are tender and the tops are golden and crisp.
7. Serve hot with lemon wedges and a green salad.