

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Stuffed Mushrooms

### Ingredients

Serves 4

6 large flat cap mushrooms (Portobello) cleaned, stems reserved	2 garlic cloves, crushed
1 large red onion, finely chopped	4 tbsp chopped flat parsley
olive oil	12 tbsp coarse breadcrumbs
2 tsp fresh thyme chopped	200g cheddar cheese or manchego (Spanish) grated
1 lemon, zest and juice	150g chopped cooked chicken
Salt and ground black pepper	

### Method

Preheat the oven to 180°C.

Finely chop two of the mushrooms and the stems of the other four, reserving the four remaining caps. In a frying pan fry the onion in 1 tbsp of oil. Add the chopped mushrooms and thyme and continue to cook for 5 minutes. Add the lemon juice. Remove from the pan and set aside. Wipe the pan and add 1 tbsp of olive oil.

Season the mushroom caps with salt and pepper and fry for five minutes. Turn over and cook for a further five minutes. Remove from the pan and set aside to drain on kitchen paper.

In a bowl mix the garlic, parsley and the breadcrumbs together with 2 tsp olive oil, the lemon zest and ground pepper. Set aside.

Line a baking sheet with parchment paper, place the remaining 4 large mushrooms caps topside down. Fill with the cheese, cooked chicken and the onion and mushroom mixture. Top with the breadcrumb mixture and bake in the oven for 8 minutes.

Serve with a salad and fresh bread.

Mushrooms

Approx 380 cals per serving

Approx 25g fat per serving

Approx 15g carbs per serving