



VEGETARIAN STUFFED MUSHROOMS

INGREDIENTS

- 40 white mushrooms
- 1 red bell pepper
- 40g roasted red bell pepper, chopped
- ½ medium onion
- 3 spring onions
- 1 tsp oregano
- 6 tbsp breadcrumbs
- 4 tbsp parmesan cheese, grated
- 30g fresh parsley
- 2 tbsp olive oil
- ½ tsp salt or to taste
- ¼ tsp cracked pepper or to taste

PREPARATION METHOD

1. Clean the mushrooms and remove the stems.
2. Chop up half of the mushroom stems into very small pieces, discard the other half. Chop the onion, spring onions, red bell pepper, roasted pepper and parsley.
3. Heat olive oil in the 10-inch iCook non-stick frying pan. Add the mushroom stems, red pepper, roasted pepper, spring onion and onion to the pan and sauté. Cook for 5 minutes until the pepper and onion are tender, then add the oregano, salt and cracked pepper.
4. Wipe the pan with kitchen paper then place the mushrooms, stem side up, inside and fill them generously with the stuffing.
5. Place them on the stove, on low heat, and cover with the lid.
6. Heat for 15 minutes or until the mushrooms are cooked through.