



Squash and Leek stuffed Portobello Mushrooms

Prep Time : 10mins
(Cook Time : 15mins
Servings : 3

METHOD

INGREDIENTS

- 3 Portobello mushrooms, cleaned and remove stalks (keep the stalks)
- 1/4 Squash, peeled and grated
- 1 leek, washed and chopped
- 1/2 Red Romano pepper, Finely sliced
- 2 Garlic cloves, minced
- 2 tbs LAIRIE tasty mango
- 1 tsp Dry parsley
- Coarse black pepper, to taste
- Sea salt, to taste
- 2 Cubes of butter
- 1 tbsp Olive oil

1) Prepare vegetables as described. When moving on to the mushrooms do not wash them instead wet wipe them with a kitchen paper towel and dry to avoid excess water absorption and a soggy finish. Then separate the stalk from the base, finally chop them and set aside, leaving the mushroom top whole.

2) In a frying pan on a medium heat, sauté garlic butter until soft aromatic, add salt and pepper.

3) Then add in mushroom stalks and grated squash and peppers, cook for a further 8 minutes. Add small amounts of cool water if it begins to stick to the pan.

4) Scoop cooked veg into the centre of the mushroom heaping into a dome shape.

5) To prepare the mushrooms for stuffing rub oil, salt and parsley onto the mushroom tops. Place the stuffed mushrooms onto a baking tray. Drizzle or spray with olive oil or Cook for 15 minutes under the grill or air fry until the mushroom is cooked and the top is toasted.