



PAUL THOMPSON EVENTS

EST. 2011



Baked 'Capel' Portobello Mushrooms With Garlic, Spinach & Feta Cheese

Ingredients

1 pack of Capel Portobello Mushrooms
1 bag of washed baby spinach (approx. 80g)
2 cloves of garlic, peeled and finely chopped

150g pack of Feta cheese
Hillfarm Rapeseed oil (or olive oil)
Salt and pepper

Preparation time 2 mins • Cooking time 15 mins • Serves 3 people

Method

Drizzle approximately 1 tablespoon of oil into a pan and fry the garlic on a low heat until softened without colour. Add the spinach to the pan and heat with a pinch of salt and pepper until the spinach wilts. Remove from the heat and crumble in the Feta cheese. Set aside.

Drizzle the Capel Portobello Mushrooms with a tablespoon of oil and a pinch of salt and pepper on both sides. Put the mushrooms (bottom side up) onto a lined baking tray and cook under the grill for approximately 5 minutes, or place onto the barbecue for the same time. Turn over and fill the mushrooms with the spinach and Feta mix and return to the grill for a further 5 minutes until golden and bubbly on top.

Serve and enjoy with a simple salad.