

Stuffed Mushrooms



SERVES 4

Ingredients

4 large flat mushrooms – remove stalks

Filling

½ cup cooked quinoa

1 onion diced

1 garlic clove – minced or chopped finely

½ cup sundried tomatoes

½ cup olives sliced

Mushrooms stalks – cut up

Salt and pepper to taste

¼ cup oregano

¼ cup crumbled feta

Handful of baby spinach

Balsamic glaze - optional

Instructions

Preheat oven to 180 degrees Celsius. Place onion, garlic and mushroom stalks in a pan (use some spray oil if needed) and fry off on high heat for a couple of minter until onions are translucent.

Reduce heat to medium and add in quinoa, sundried tomatoes, olives, salt and pepper and oregano. Give the mixture a good mix, and then add in spinach. When spinach starts to wilt scoop mixture into each mushroom and place in the oven and grill for 10 minutes.

Add crumbled feta and enjoy.

