

Roasted mushrooms with feta & oregano



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Preparation: about 10 minutes

Cooking: about 15 minutes

Serves: 4-8

Serve with steak or for a light meal serve with grilled bread and baby spinach.

8 large (about 125g each) flat mushrooms, trimmed

¼ cup balsamic vinegar

¼ cup extra virgin olive oil

¼ cup chicken stock

2 tbs oregano leaves, chopped

150g feta cheese, crumbled

Salt and ground black pepper

1. Preheat oven to 200°C. Arrange mushrooms in a large baking pan.
2. Combine balsamic vinegar, oil and stock in a jug. Drizzle mixture over mushrooms. Sprinkle with oregano and feta cheese. Season with salt and pepper to taste. Roast mushrooms for 15-20 minutes until tender and serve.



Mushrooms

- Supply worthwhile quantities of six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin.

These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.

- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100 g).