

# BBQ mushrooms with goat's cheese, basil & tomatoes



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Preparation 15 mins | Cooking 8 mins | Serves 4-6

2 tbs caramelised balsamic glaze + extra to serve

¼ cup extra virgin olive oil

2 garlic cloves, finely grated

8 (about 100g each) flat mushrooms

150g soft goat's cheese, roughly crumbled

3-4 small heirloom tomatoes or egg (Roma) tomatoes, sliced  
extra virgin olive oil for drizzling and basil leaves, to serve

**STEP 1** Combine balsamic glaze, oil and garlic in a small bowl. Season with salt and pepper. Brush mushrooms on both sides with mixture.

**STEP 2** Preheat a greased barbecue or char-grill pan over medium-high heat. Barbecue or char-grill mushrooms, open side down, for 3 minutes. Turn and brush with remaining oil mixture. Reduce heat to medium and barbecue or char-grill for 4-5 minutes or until just tender. Transfer mushrooms to a tray. Set aside to cool slightly.

**STEP 3** Top mushrooms with goat's cheese and tomatoes. Drizzle with extra virgin olive oil and pan juices. Scatter with basil leaves and serve.

## Good for you... TOMATOES

*Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.*

