

Asian-roasted mushrooms



Asian-roasted mushrooms

Preparation: about 10 minutes
Cooking: about 10 minutes
Serves: 4

Excellent to serve with steak or lamb.

500g flat (about 75g each) Portobella mushrooms
2 tbs peanut oil
1 tsp grated ginger
2 garlic cloves, crushed
2 tbs mirin
2 tbs salt reduced soy sauce
1 tbs brown sugar
Salt and ground black pepper
2 green onions (shallots), thinly sliced
Olive oil cooking spray
finely shredded green onions, to serve

1. Preheat oven to 200°C/180°C fan-forced. Place mushrooms in a single layer in a large roasting pan lined with baking paper.
2. Combine oil, ginger, garlic, mirin, soy sauce and brown sugar in a bowl. Season with pepper to taste. Whisk until sugar dissolves. Stir in green onions. Drizzle mixture over mushrooms. Spray with oil. Roast mushrooms for 5 minutes, basting with pan juices, cook for a further 5 minutes or until just tender. Sprinkle with shredded green onions and serve.



Portobella mushrooms

- Supply worthwhile quantities of most of the B complex vitamins, including riboflavin (B2), niacin (B3), 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.
- A source of dietary fibre, vital for maintaining healthy intestinal function.
- Great flavour for virtually no fat and very few kilojoules (less than 100 kJ/100g).