

BBQ Portabella mushrooms with rocket, bocconcini & prosciutto



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Preparation: about 15 minutes

Cooking: about 5 minutes

Serves: 4

- 1/3 cup olive oil
- 3 garlic cloves, finely chopped
- Salt and ground black pepper
- 8 large (about 75g each) Portabella mushrooms
- 1 bunch rocket, trimmed
- 8 (about 250g) bocconcini, drained and torn into large pieces
- 12 thin slices prosciutto
- Extra virgin olive oil, for drizzling

1. Preheat a greased barbecue plate on medium-high heat. Combine oil, garlic and salt and pepper in a jug. Brush mushrooms with mixture. Barbecue mushrooms, brushing with any remaining oil, for 2–3 minutes on each side until warmed through.
2. Arrange mushrooms, rocket, bocconcini and prosciutto on serving plates. Drizzle with extra virgin olive oil. Season with salt and pepper to taste and serve.



Portabella 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.
- Provide potassium (helps balance sodium from salt), zinc (needed in many parts of the body, especially the pancreas which stores insulin) and also selenium (functions as an antioxidant).
- Great flavour, virtually no fat and very few kilojoules (less than 100 kJ/100g).

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