

Mushrooms with bacon & pine nut crumbs



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Preparation: about 20 minutes

Cooking: about 25 minutes

Makes: 6

- 2 tbs olive oil
- 1 rasher rindless bacon, finely chopped
- 2 garlic cloves, finely chopped
- 2 cups fresh wholegrain breadcrumbs
- ½ cup flat-leaf parsley, finely chopped
- ¼ cup toasted pine nuts
- 6 large (about 100g each) Portobello or flat mushrooms

Olive oil cooking spray

Salt and ground black pepper

½ cup finely grated parmesan cheese

Extra virgin olive oil and baby rocket leaves, to serve

1. Heat 1 tbs oil in a non-stick frying pan over medium heat. Add bacon and cook, stirring often, for 3 minutes. Add remaining 1 tbs oil, garlic, breadcrumbs, parsley and pine nuts. Cook, stirring often, for 2-3 minutes until golden. Set aside to cool slightly. Season with salt and pepper.
2. Preheat oven to 180°C/160°C fan-forced. Liberally spray mushrooms with oil. Place on a baking tray lined with non-stick baking paper. Top each with breadcrumb mixture. Sprinkle with parmesan cheese. Bake for 15-20 minutes or until cheese melts and mushrooms are tender. Top with baby rocket leaves, drizzle with extra virgin olive oil and serve.



Flat mushrooms

- Supply worthwhile quantities of the B complex vitamins, especially 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.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).