

Portabella mushroom & roast capsicum baps



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Preparation 15 mins | Cooking 15 mins | Serves 4

1 red capsicum, halved lengthways and deseeded
4 x 85g Portabella (flat) mushrooms, trimmed
Olive oil cooking spray
4 bap (or soft) bread rolls, split
100g marinated goat's feta cheese, drained
40g baby or wild rocket leaves

STEP 1 Preheat a grill on high. Place capsicum skin-side up on a grill tray. Grill for 8-10 minutes or until skin is blackened. Remove from heat and place in a plastic bag. Stand for 10 minutes to slightly cool, then remove skin and cut capsicum in thin strips. Set aside.

STEP 2 Preheat a non-stick frying pan over medium heat. Spray mushrooms with oil. Pan-fry mushrooms for 3-4 minutes on each side until tender.

STEP 3 Meanwhile, toast or grill baps. Place bap bases on board, spread with feta cheese and top with rocket. Top each with a mushroom and a quarter of the roasted capsicum. Season with salt and pepper. Top with remaining bap tops and serve.

Good for you... *MUSHROOMS*

Fresh mushrooms have virtually no fat, are low in kilojoules, and are a good source of several B vitamins as well as potassium and selenium.

