



Stuffed Mushrooms

LCHF
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Servings: 4
Total Time: 30 mins
Cooking Time: 15-20 mins
Pre-heat Oven to 180 °C



METHOD

Remove the stalks from the mushrooms.

In a bowl, mix together the butter, cream cheese, garlic, chillies and parsley.

Fold in the onion flakes and half of the Cheddar cheese.

Fill the mushrooms with the stuffing and sprinkle the remaining Cheddar cheese on top of each mushroom.

Liberally brush the underside of the mushrooms with butter and place on a greased oven tray.

Bake for 15-20 mins until cooked through and serve immediately.

INGREDIENTS

4 large brown mushrooms
1 tsp butter
4 Tbsp cream cheese with onion & chives
2 tsp finely chopped garlic
½ tsp finely chopped chillies
1 Tbsp freshly chopped parsley

3 Tbsp onion flakes (dried)
50g Cheddar cheese, finely grated

butter, for brushing



SERVING SUGGESTION

Makes a delicious accompaniment to a braai and served on top of a steak.

VARIATION

Leave out the Cheddar cheese for a less rich version.

