

GRILLED MUSHROOMS ON TOAST with ROCKET PESTO

INGREDIENTS

- 12 (about 6cm round) flat barbeque mushrooms
- 1 tbs extra virgin olive oil
- 1/3 cup lemon juice
- 80g rocket leaves, blanched
- 50g blanched almonds, finely chopped
- 1 garlic clove, crushed
- 2 tbs freshly grated parmesan cheese
- Freshly ground pepper
- Turkish bread, toasted, to serve

METHOD

1. Preheat the grill. Place the mushrooms cap side up on a rack over the grill and brush with a little of the oil and grill for 7-8 minutes until softened slightly. Remove from the heat and turn mushrooms over.
2. Meanwhile, chop rocket finely and place into a bowl with the almonds, garlic and cheese, mix to combine. Season to taste with pepper. Put a spoonful of the pesto into the mushroom caps and return to the grill. Cook for a further 2-3 minutes.
3. Arrange some hot toast on plates, top each with pesto mushrooms.

Serves 4

	Per Serving	Per 100g
Energy	1609kJ	885kJ
Protein	13g	7g
Fat – Total	15g	8g
- Saturated	2g	1g
Carbohydrate - Total	47g	26g
- Sugars	4g	2g
Sodium	432mg	237mg

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