

MUSHROOM BRUSCHETTA

INGREDIENTS

- 4 thick slices of sourdough bread
- 30ml olive oil
- 3 cloves garlic, thinly sliced
- 4 large BBQ flat mushrooms
- 100g bocconcini, thickly sliced
- 100g pitted Kalamata olives, halved
- 200g chargrilled capsicum, drained
- 1/2 cup fresh basil leaves, torn

METHOD

1. Brush sourdough with a little olive oil. Heat a chargrill to a moderately high heat and toast the bread for 2 minutes each side or until toasted and slightly charred.
2. Heat remaining olive oil in a frypan over a moderate heat. Add garlic and mushrooms and season well with pepper. Cook for 2 minutes each side. Remove and drain on paper towel.
3. Preheat a grill to moderately high. Place toast on a baking tray, top with bocconcini and olives. Grill for 1 min until cheese is soft. Top with capsicum, mushrooms and basil.
4. Serve immediately.

Serves 4

	Per Serving	Per 100g
Energy	1790kJ	1048kJ
Protein	28g	17g
Fat – Total	34g	20g
- Saturated	9g	5g
Carbohydrate - Total	1g	<1g
- Sugars	<1g	<1g
Sodium	380mg	222mg

**BIG
RED
BBQ**

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