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by ewfood

Vegetarian Stuffed Mushrooms



Ingredients

250g Mushrooms
25g Nuts (Brazil or others)
Chopped Parsley
Cheese
Lemon juice
1 Chopped small onion
Small knob of butter
Seasoning

Preparation

1. Clean and prepare the mushroom, wipe of excess water with kitchen roll
2. Chop the stalks off the mushrooms
3. Chop the nuts
4. Mix together the mushroom stalks, onions, nuts and mix well with seasoning, cheese on top and lemon juice
5. Lay out your mushrooms and put a little of the mixture onto each one and dot with a knob of butter
6. Place in a moderately hot oven for about 20 minutes or until tender

Cooks Note

Oven Temperature: 180c