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by Liz Robb

Baked Mushrooms with Goats Cheese

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Ingredients

4 large Portobello mushrooms 1 shallot 1 fat clove of garlic 1 lemon Olive oil Salt and freshly milled black pepper 2 small goats cheeses, about 75g each A small bag of rocket A few small ripe vine tomatoes A few sprigs of fresh basil A few sprigs of fresh parsley

Servings
2
Person

Preparation

1. 1.
2. Preheat the oven to 200 degrees, 180 degrees fan oven. Line a baking tray with tinfoil. 2.
3. Wipe the mushrooms and remove the stalks. Place them on the baking tray skin side down. 3.
4. Peel the shallot, chop it very finely and place in a small bowl. Peel and crush the garlic and add it to the shallot. Add 2 teaspoons of juice from the lemon then 2 teaspoons of olive oil and mix well together. Spoon it into the mushrooms, sharing it equally between them. Season the mushrooms well with salt and black pepper. 4.
5. Cut across the two cheeses to halve them and place one half in the centre of each mushroom, on top of the shallot mixture. Brush the top of the cheese and the edges of the mushrooms with olive oil and then cover the tray loosely with tinfoil. Place in the oven to bake for 10 minutes, remove the foil and bake for a further 5 minutes. [If you want to brown the cheese further just pop it under the grill for 2 minutes.] 5.
6. While the mushrooms are cooking, wash the rocket and place it in a bowl. Cut up the tomatoes and add them to the rocket. 6.
7. For the dressing, mix together 3 teaspoons of olive oil and 2 teaspoons of juice from the lemon and season with salt and black pepper. Spoon it over the rocket and tomatoes and toss to coat the salad. 7.
8. Chop the basil and parsley leaves and scatter over the mushrooms. Eat the mushrooms hot, with a serving of rocket salad on the side and a chunk of fresh bread.

Cooks Note

Sometimes the simplest things are the best! This easy recipe has juicy, earthy baked Portobello mushrooms, creamy goats cheese, and peppery rocket in a light lemon dressing, flavours that go so well together. The mushrooms can be prepared well in advance, ready to just pop in the oven. Serve it with fresh crusty bread to mop up the juices for lunch or supper, or in smaller portions as an appetiser. Serves 2.