STUFFED MUSHROOM

• 19g Mature cheddar cheese
• 102g Mushrooms
• 11g Olive oil
• 20g Baby spinach
• 8g Wholemeal bread
• 11g Butter
• 15g Spring onions
• 22g Tomatoes

You will need the mushroom to be as large as possible, the portobello or breakfast mushrooms are best. You will also need a pinch of dried herbs and a little seasoning.

Pre heat oven to 180c / fan 160c / gas 5.
Skin and de-seed the tomatoes before weighing.
Grate the cheese before weighing.
Make breadcrumbs and mix with the cheese.
Chop the spring onion, tomato and spinach.
Gently fry the chopped vegetables in the oil with a pinch of dried herbs and some seasoning for 3 minutes.
Place the mushroom in an ovenproof dish.
Cut the butter and put inside the mushroom.
Add the vegetables then top with the grated cheese and breadcrumbs.
Cook in the oven for approximately 20 minutes.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION