



Mushrooms stuffed with spinach and goat cheese

15'

Hands on

25'

Cook Time

4

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Remove the stems from the mushrooms and finely chop. Transfer to a bowl.
- Use a spoon to remove the black part of the mushrooms and add them to the bowl.
- Place a [pan](#) over heat and add some olive oil.
- Add the mushrooms and sauté on both sides.
- Add pepper, salt, cognac, butter and thyme.
- Transfer to a [baking pan](#) and bake for 15 minutes.
- Place a pan over heat. Add the olive oil, coarsely chopped onion, finely chopped garlic, mixture from bowl, salt and pepper. Sauté until golden.
- Add the spinach and cook for 10 minutes, until all of the moisture evaporates. Remove spinach from heat.
- Add the finely chopped dill and lemon zest.
- Remove mushrooms from oven and stuff with the filling.
- Add the goat cheese and cook under broiler for 5-10 minutes, until the cheese turns golden.
- Serve with fresh basil leaves, lemon zest, pepper and olive oil.

Ingredients

- 500 g spinach leaves
- 500 g Portobello mushrooms
- 4 tablespoons olive oil
- salt
- pepper
- 50 g cognac
- 2 tablespoons butter
- 4-5 sprigs fresh thyme
- 1 onion
- 1 clove of garlic
- dill
- grated zest of 1 lemon
- 200 g goat cheese

To serve

- fresh basil
- grated zest of 1 lemon
- pepper
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

274 Calories (kcal)	17.0 Total Fat (g)	11.0 Saturated Fat (g)	8.8 Total Carbs (g)
14%	24%	55%	3%
7.8 Sugars (g)	17.0 Protein (g)	7.4 Fibre (g)	1.8 Sodium (g)
9%	34%	30%	30%