



# Oven roasted mushrooms

15'  
Hands on

15'  
Cook Time

2-4  
Portion(s)

1  
Difficulty



## Method

- Preheat the oven to 180° C (356° F) set to fan.
- **Finely chop** the onion and the garlic.
- In a **frying pan** over medium heat, add the olive oil and let it get hot.
- Add the mushrooms, onion, garlic, and sauté them for 2-3 minutes.
- Deglaze the pan with the wine.
- Add the thyme, honey, rosemary, salt, and pepper.
- Mix with a ladle for 2-3 minutes.
- Transfer the mushrooms, along with their juices, onto a **baking pan**, and put it in the oven for 15 minutes.
- Serve along with a rosemary sprig.

## Ingredients

- 3 tablespoon(s) olive oil
- 250 g champignon mushrooms
- 1 onion
- 1 clove(s) of garlic
- 50 g white wine
- 3-4 sprig(s) thyme, fresh
- 1 tablespoon(s) honey
- 1 sprig(s) rosemary, + extra to serve
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

61 Calories (kcal)	1.2 Total Fat (g)	0.2 Saturated Fat (g)	9.2 Total Carbs (g)
3%	2%	1%	4%
6.7 Sugars (g)	2.0 Protein (g)	1.3 Fibre (g)	0.26 Sodium (g)
7%	4%	5%	4%