



Mushroom and truffle bruschetta

10'

Hands on

20'

Cook Time

10

Portion(s)

1

Difficulty



Ingredients

- 300 g mushroom mixture
- 50 g olive oil
- pepper
- 3 cloves of garlic
- 30 g wine
- salt
- 50 g truffle, thinly sliced
- 1 tablespoon parsley
- 10 slices sourdough bread

To serve

- 1 tablespoon olive oil
- 1 tablespoon truffle

Method

- Clean the mushrooms and cut them in half or into 4 pieces, according to their size.
- Add the olive oil and the pepper. Toss.
- Preheat oven to 180* C (350* F) Fan.
- Place a large pan over high heat and let it get very hot.
- Add the mushrooms and sauté for at least 10 minutes without mixing too much.
- You want the mushrooms to brown nicely and dry out.
- Thinly slice the 2 cloves of garlic, add them to the pan and sauté for 1 minute.
- Add the wine and salt. Allow the alcohol to evaporate.
- Remove from heat and the thinly sliced truffle and finely chopped parsley.
- Place the bread slices in the oven to toast.
- Bake for a few minutes, until a little crunchy but you want them to keep fluffy and not dry out.
- Chop the whole garlic clove in half and grate over bread slices.
- Drizzle with olive oil and divide the mushroom mixture between the slices of bread.
- Serve with extra truffle and some more olive oil.

Διατροφικός πίνακας

Nutrition information per portion

135 Calories (kcal)	2.4 Total Fat (g)	0.4 Saturated Fat (g)	22.0 Total Carbs (g)
7%	3%	2%	8%
1.1 Sugars (g)	6.0 Protein (g)	1.6 Fibre (g)	0.42 Sodium (g)
1%	12%	6%	7%