



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15-20 mins

Serves: 1-2

INGREDIENTS

- 2 large flat mushrooms
- 2 tbsp coconut oil
- 1 cheek red capsicum
- ½ small red onion, finely diced
- ½ cup packed kale
- squeeze lime juice
- 1 tsp garlic, crushed
- ½ tomato, finely diced
- salt and black pepper
- 6 fresh tarragon leaves, chopped
- optional: dairy free parmesan cheese

METHOD

- Remove stems from mushrooms and finely dice
- Heat oil in frying pan to medium high.
- Add capsicum, onion and garlic and fry for 5 minutes stirring.
- Add kale, mushroom stems and tomato and cook another 5 minutes.
- Remove from heat and stir in lime juice and tarragon leaves.
- Scrape gills from mushrooms and stir in.
- Spoon mixture into mushrooms, topping with dairy free cheese if desired.
- Place into oven and bake for 15 -20 minutes.
- Serve hot as a lunch or side dish.

TOMATO AND GARLIC STUFFED MUSHROOMS

