



ALLERGIES:

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

Prep time: mins

Cook time:

Serves:

SPINACH AND HALOUMI STUFFED MUSHROOMS



INGREDIENTS

- 2 large flat mushrooms,
- stalks removed and finely chopped, and gills scraped and set aside.
- ½ tsp garlic, crushed
- ½ onion, finely chopped
- 1 tsp smoked paprika
- 100g haloumi, coarsely grated
- 1 tbsp oil
- ¼ cup fresh parsley, chopped
- salt and black pepper

METHOD

- Preheat oven to 180°C, and lay baking paper on oven tray.
- Heat oil in frying pan to medium high.
- Add garlic, onion and paprika and fry for 3 minutes.
- Add mushroom stalks, gills, spinach and salt and cook 3 minutes.
- Stir in haloumi and spinach and stir a further 3 minutes.
- Spoon mixture into prepared mushroom cups.
- Stand onto prepared baking tray, and cook for 30-40 minutes until cooked.
- Enjoy hot as an entree, a main meal or a side dish.