



FETA STUFFED PORTOBELLO MUSHROOMS

<https://www.mainland.co.nz/recipe/feta-stuffed-field-mushrooms.html>



PREP TIME
10 MINS

COOKING TIME
20 MINS

SERVES
4

Whoever said life is too short to stuff a mushroom never tried this recipe. Our Reduced Fat Feta provides a creamy, tangy contrast to the earthy mushrooms. Make this for an easy starter or add as a substantial side to a main meal.

Ingredients

- 30g Mainland Unsalted Butter
- 2 onions, peeled and finely sliced
- ½ tsp fennel seeds
- 2 tbsp apple cider vinegar
- 2 tbsp clear honey
- 8 large portobello mushrooms
- 1 handful baby kale leaves
- 200g Mainland Reduced Fat Feta Cheese, roughly diced
- ¼ cup chopped toasted almonds

Method

1. Preheat oven to 180°C.
2. Arrange mushrooms on a baking tray lined with baking paper.
3. Heat butter in a medium frying pan. Add onions and fennel seeds and cook for 5 minutes over a medium heat until softened.
4. Add vinegar and honey and cook a further 5 minutes until reduced and syrupy.
5. Pile onions inside of each mushroom and top with a few kale leaves then crumble over Feta Cheese and almonds.
6. Bake for 20 minutes or until the mushrooms are tender and Feta caramelises.