

HERB & WALNUT STUFFED MUSHROOMS

by Dr Peter Johnston



“ I always make this for Christmas family gatherings and other special occasions. Everyone loves these, whether plant-based or not.

A tasty appetiser, entrée or main course with fantastic layers of texture.

Ingredients

- 24 medium sized brown mushrooms (around 5-6cm diameter)
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 4-6 slices of wholemeal bread (to make 2 cups wholemeal breadcrumbs)*
- ½ cup chopped walnuts
- ⅔ cup finely chopped parsley
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh oregano, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1 tbsp nutritional yeast
- 1 tsp miso paste
- A big grind of cracked black pepper
- 1 tbsp lemon juice

Optional:

- 1-2 chillies, finely chopped
- Steamed broccoli to serve

PREP TIME: 30 MINS

TOTAL TIME: 50 MINS

SERVES: 8

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by Dr Peter Johnston, contd.

Directions

1. Preheat the oven to 180°C.
2. Remove stalks from mushrooms and chop stalks finely.
3. Fry onion and garlic in a pan over medium-high heat with a splash of water until just starting to soften and stick on the pan.
4. Blitz slices of wholemeal bread in a food processor until breadcrumbs form. I usually do crusts first and cut them up small before placing in the food processor, to assist with breaking them up.
5. Place onion, garlic and all other ingredients (except whole mushrooms) into a food processor and pulse briefly until mixed.
6. Add water if necessary until mixture is moist enough so that it starts to stick together.

7. Press spoonfuls of the stuffing into each mushroom and press down lightly. Place stuffed mushrooms on a baking tray lined with baking paper.
8. Bake for 20-25 minutes or until stuffing starts to brown a little.
9. Serve as an appetiser, or alongside steamed greens and whole grain couscous.

Notes:

- Leave out nuts for a nut-free option or if weight loss is a goal.
- Use gluten-free whole grain bread for a gluten-free option.
- Add chilli if you like it hot and spicy.

