

Mushroom Toast



Serves 2



10 minutes



Winter



Mushrooms



INGREDIENTS:

- 4 slices multigrain or sourdough bread
- 250g button mushrooms, sliced
- 1 small red onion or shallot, finely chopped
- 2 garlic cloves, minced
- 1 tsp olive oil or a splash of water for oil-free
- ½ tsp dried thyme
- Salt and freshly ground black pepper, to taste
- 1 tsp balsamic vinegar or lemon juice (optional)

GARNISH:

- Fresh Parsley or Chives



METHOD:

1. In a non-stick pan, heat 1 tsp olive oil or a splash of water over medium heat.
2. Add the chopped onion and cook for 2 minutes.
3. Add garlic and mushrooms. Cook for 6–8 minutes until mushrooms are browned and most moisture has evaporated.
4. Stir in thyme, salt, pepper, and balsamic vinegar or lemon juice. Cook another 1–2 minutes to enhance the flavour.
5. Toast the bread
6. Spoon the mushrooms over toasted bread.
7. Garnish with chopped parsley or chives.

TIPS:

- You can also mix in other types of mushrooms such as oyster, shitake and cremini.
- Don't put too many mushrooms in the pan at once. If the pan is too full, the mushrooms let out water and won't brown properly. If you have a lot, cook them in smaller batches.
- Store the leftover mushroom topping in an airtight container in the fridge for up to 2 days.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.