

BRAZIL NUT STUFFED MUSHROOMS

Ingredients

- 6 large portabello or field mushrooms
- 50g Wholemeal breadcrumbs
- 75g Crazy Jack Brazil Nuts chopped
- 1tbsp chopped parsley
- 25g butter
- 1 tbsp olive oil
- 100g soft goats cheese
- 2 tsp capers, drained
- Salt & pepper

Method

1. Preheat the oven to gas mark 4, 180oC, 350oF. Lightly grease a shallow baking tray.
2. Remove stalks from the mushrooms, chop them finely and combine with the breadcrumbs, Crazy Jack Brazils, goats cheese, capers and parsley. Taste & adjust seasoning.
3. Divide the mixture between the mushrooms and place in the baking tray. Dot with the butter and bake for 30 minutes until golden. Serve with rice and a green salad.