



Chilli and garlic mushrooms on toast

Ingredients

Closed cap mushrooms	100g
red chilli	5 ml
parsley	15 ml
garlic	2 cloves
French stick	8 cm
sunflower oil	20 ml
butter	15g
seasoning	

Method

1. Preheat grill
2. Wipe, cut in half and slice the mushrooms
3. Remove any seeds from the red chilli and finely dice
4. Remove the stalks from the parsley and finely chop the leaves
5. Crush the garlic
6. Cut 4 X 2cm slices from the French stick
7. Toast both sides of the bread until golden brown
8. Heat the oil and quickly sauté the mushrooms for 2 minutes and lightly golden in colour
9. Add the garlic and chilli and cook for a further 2 minutes
10. Add the butter and parsley; remove from the heat
11. Taste and season if required
12. Divide the mushrooms equally onto the 4 toasts
13. Serve on clean warm plates and garnish appropriately