

PORTOBELLO & SAUSAGE

Time: 40 minutes

Serves: 4

Ingredients:

4 portobello mushrooms - stems discarded
1.5g kosher salt
120g tomato sauce
30g baby spinach
300g pork Italian sausage
100g mozzarella cheese - shredded

Preparation:

Preheat oven to 200C.

Place mushrooms gill-side up on the grates of a roasting pan and sprinkle with salt.

Spoon in the tomato sauce. Top with the spinach.

Roll the sausage meat into four equal balls and place on top of the spinach.

Bake for 30 minutes or until internal temperature of meatballs reaches 70C.

Sprinkle on the cheese and bake until cheese is bubbling.

Serve immediately.

Nutritional Information Per Serving:

Calories: 364
Fat: 30g
Carbs: 7g
Fibre: 2g
Protein: 19g