

MUSHROOM BUNDLES

Time: 20 minutes

Serves: 6

Ingredients:

300g shimeji or enoki mushrooms – bases trimmed
60g butter – melted
1.5g kosher salt
1 clove garlic – finely chopped or grated

Preparation:

Preheat your grill on high.

Tie the mushrooms in 2-3cm diameter bundles with one piece of kitchen twine for each.

Combine the remaining ingredients in a small bowl.

Place the mushroom bundles on the grill basting with the butter mixture and turning often for ten minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 83
Fat: 8g
Carbs: 2g
Fibre: 0.5g
Protein: 2g