

Mushrooms stuffed with spinach

Total time **40 mins** 25 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
670 kJ / 160 kcal

Fat: **9 g** Protein: **14 g**
Carbohydrates: **6 g**

INGREDIENTS

4 portion(s)

8	large mushrooms
50 g	leaf spinach
1	red pepper
1	red onion
1 tbsp	butter
2 tsp	<u>Kikkoman Naturally</u> <u>Brewed Soy Sauce</u>
	freshly ground white pepper
75 g	herb cream cheese

PREPARATION

Step 1

Brush the mushrooms (do not wash them). Twist out and finely chop the stems; reserve the caps. Wash and pat dry, then finely chop the spinach. Wash, halve, deseed and finely chop the pepper. Peel and finely chop the onion.

Step 2

Melt the butter in a frying pan on top of the hot grill, add the onion and fry until golden brown. Add the mushroom stems, spinach and pepper, and stir. Add the KIKKOMAN soy sauce and season with pepper.

Step 3

Leave the vegetables to cool a little, then crumble in the herb cream cheese and stir to combine. Check the seasoning and add more pepper. Fill the mushroom caps with the vegetable mixture.

Step 4

Grill the mushrooms on a grilling plank over indirect heat for 10–15 minutes (depending on size).