

Teriyaki Mushroom Bruschetta

Total time **35 mins** 10 mins preparation time 10 mins marinating time 15 mins cooking time

Nutritional facts (per portion):
3316 kJ / 829 kcal

Fat: **45 g** Protein: **28 g**
Carbohydrates: **85 g**

INGREDIENTS

2 portion(s)

2 Slices	bread
300 g	oyster mushrooms
4 tbsp	Kikkoman Teriyaki BBQ-Sauce with Honey
2	cloves garlic
2	cm fresh ginger
8	cherry tomatoes
0.5	small courgette
1 tbsp	roasted pumpkin seeds
1 tbsp	sunflower seeds
1 handful	parmesan flakes
1 tbsp	olive oil
	Ground black pepper

PREPARATION

Step 1

Finely chop garlic and ginger.

Step 2

Cut the mushrooms in even pieces. Place in a bowl and marinate in Teriyaki BBQ Sauce, adding garlic and ginger. Cut courgette in thin slices.

Step 3

Grill the mushrooms on a preheated high temperature surface until golden brown (about 10-15 min). Midway through grilling time add cherry tomatoes and courgette, grilling on both sides.

Step 4

Place the grilled vegetables and mushrooms in a bowl and put aside.

Step 5

Sprinkle the bread with olive oil and grill.

Step 6

On each slice of grilled bread place mushrooms, tomatoes and courgette. Add roasted seeds, cheese flakes and freshly ground pepper to taste.