



**FEAST YOUR EYES
RECIPE CARD**



**NATIONAL EYE
HEALTH WEEK**

MONDAY 18 - SUNDAY 24 SEPTEMBER 2017

YOUR VISION MATTERS

STUFFED MUSHROOMS

These delicious mushrooms stuffed with kale, ricotta and seeds are filled with eye-friendly nutrients.

Serves 4

Prep 15 minutes

Cook 30 minutes, plus cooling time

INGREDIENTS

- 1tbsp olive oil
- 1 small red onion, chopped
- 250g sweet potatoes, peeled and grated
- 1 garlic clove, crushed
- Zest ½ lemon
- Pinch chilli flakes
- 100g kale, chopped
- 2tbsp mixed seeds
- 200g ricotta
- 1 egg
- 8 large flat mushrooms, stalks trimmed
- 350g broccoli florets

METHOD

1 Heat the oven to 180°C/fan 160°C/gas 4 and line a large baking tray with non-stick baking paper.

2 Heat the oil in a non-stick frying pan over a medium heat. Fry the onion for three minutes or until softened. Add the sweet potatoes and cook, stirring, for three to four minutes until softened. Add the garlic, lemon zest and chilli and cook, stirring, for one minute or until fragrant. Stir in the kale to wilt, then set the mixture aside to cool completely.

3 Combine the cooled kale mixture with the seeds, ricotta and egg in a large bowl, then season with black pepper. Put the mushrooms, cut side up, in the prepared tray and fill them with the ricotta mixture. Cover loosely with foil and roast for 10 minutes. Remove the foil and roast for a further 10 minutes or until the mushrooms are golden.

4 Meanwhile, steam the broccoli for a few minutes until tender and serve.

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