

BAKED MUSHROOM & TOMATOES WITH ROCKET



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
2



INGREDIENTS

4 large flat mushrooms
220g cherry tomatoes on the vine
2 cloves of garlic, peeled and sliced
2 sprigs fresh tarragon, chopped
1 teaspoon butter
Salt and pepper
Pinch of sugar
60g rocket, washed
20g parmesan, finely grated
1 avocado, peeled, stone removed and sliced
Drizzle of rapeseed oil
2 capfuls of balsamic vinegar

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the mushrooms in a roasting tray. Divide the chopped tarragon, butter and garlic evenly between the mushrooms..
- 3 Add the tomatoes on top and season with salt, pepper and a pinch of sugar.
- 4 Roast in the oven for 25 minutes or until the mushrooms have started to soften and there are lots of juices.
- 5 Prepare the salad by washing and drying the rocket and dividing it into 2 bowls. Slice the avocado into each bowl and add the finely grated Parmesan. Drizzle over the rapeseed oil and a capful of balsamic vinegar over each.
- 6 Add the mushrooms and tomatoes, being careful to spoon over all the delicious juices.

"A quick and light meal which is perfectly balanced in colours, texture and flavour. I love the creaminess of the avocado, the saltiness of the parmesan and the power of the rocket, against the earthy garlicky baked mushroom and sweet juicy tomatoes. This is lovely on its own or great as an accompaniment to steak.

If you have it, a teeny drizzle of truffle oil over the mushrooms is delicious. Other tweaks are thinly sliced bacon or blue cheese on the mushroom while it's cooking."