

Stuffed Mushrooms with Grilled Asparagus

Serves 4

4 Portobello mushroom, stalks removed

2 x cans cannellini beans, drained (or see note for cooking dried beans)

4 x spring onion, finely chopped

1 garlic clove

1 tablespoon olive oil

1 tablespoon of lemon juice

¼ cup water

4 large stalks of kale, leaves only

Handful of parsley, chopped

3 sprigs of thyme, chopped

¾ cup walnuts, roughly chopped

2 bunches of asparagus

12 mini roma tomatoes (or any kind)

Pesto to serve



Preheat the oven to 180°C.

Steam your kale until just wilted, drain, squeeze out excess water and finely chop. Use a food processor/high speed blender to blend the beans, spring onion, garlic, olive oil, lemon juice and water but stopping before it is totally smooth, a bit of texture is okay. Add in the kale, parsley, thyme and walnuts and combine. Fill each mushroom with the bean mixture and bake in the oven for 15-20 minutes or until starting to crisp/go brown on top (I finish mine off under the grill if it is not browning enough).

Meanwhile grill the asparagus and tomatoes on a grill pan until asparagus is cooked through and chargrill marks have appeared.

Serve the baked mushroom with grilled vegetables and some pesto.

Note: To cook cannellini beans from scratch, first rinse and then soak them overnight in water. Rinse again and then put them in a large pot covered with water by 5cm. Bring to boil and skim off any foam on the surface of the water. Turn the heat to low and cook the beans, covered at a simmer for 1-1.5 hours or until tender.