



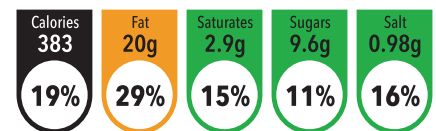
GARLIC MUSHROOM CROUTES

 **Prep: 10 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

Each serving contains



of your guideline daily amount

INGREDIENTS:

2 tbsp olive oil plus extra for brushing	½ x 25g pack flat leaf parsley, chopped
2 shallots, thinly sliced	½ tsp LoSalt
3 cloves garlic, crushed	125g ciabatta loaf, halved horizontally
4 large flat mushrooms, thickly sliced (350g)	
2 tsp balsamic vinegar	

METHOD:

1. Heat the oil in a large frying pan and fry the shallots for 2 minutes. Add the garlic and mushrooms and fry for 3-4 minutes, adding 50ml water. Stir in the vinegar, most of the parsley and **LoSalt** and cook for 1 minute.
2. Brush the cut surface of the ciabatta with a little oil and griddle for 1-2 minutes until golden. Top with the mushrooms and sprinkle with the remaining parsley to serve.