

TASTE WITHOUT WASTE

Mushroom, Haloumi & Avocado Stack with Pesto

Serves One (multiply as necessary).

Ingredients

1 large field or Portobello mushroom, wiped clean with a damp cloth and stalk removed
Olive oil
1 slice bread, crusts removed and trimmed down to roughly the same size as the mushroom
¼ avocado, thinly sliced
1 tbsp pesto – homemade is best!
1 slice (about 30g) haloumi cheese, preferably about the same dimensions as the mushroom, but not crucial
Plenty of freshly ground pepper and sea salt

Method

Preheat grill to high. Brush mushroom with a little olive oil. Place on a piece of tinfoil, gills facing upwards and cook for 5 minutes. Flip over and cook for a further 5-10 minutes or until tender and just starting to ooze juices.

Once you have flipped your mushroom over, toast your bread. You can do this either under the grill for a minute or two either side, or in your toaster.

Place a small frying pan over a high heat. When you can put your hand a few centimetres from the pan and feel the heat radiating off, pop your slice of haloumi in the pan. Cook for 1-2 minutes either side or until starting to brown.

To assemble: Spread the pesto over the toasted bread, top with avocado slices, then the haloumi and place the mushroom on top as a 'hat'. Season with copious amounts of sea salt and freshly ground black pepper.

Source: A Taste Without Waste original.

Printed from: www.tastewithoutwaste.com