Dinner

# Baked Tofu Filled Portobello Mushrooms

Portobello mushroom caps are filled with a warm pan mixture of tofu, spinach and spring onions bound with tahini and mustard, then baked and finished with cherry tomatoes.



Vegan | Dairy free | Nut free

| 40 min | 179 | 3.6 g | 3.1 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 2 servings

- [ ] 2 large Portobello mushrooms, stems removed and reserved
- [ ] 1 tsp rapeseed oil
- [ ] 3 spring onions, finely chopped
- [ ] 150 g firm tofu, finely chopped
- [ ] 100 g frozen spinach, defrosted and water squeezed out
- [ ] good pinch black pepper
- [ ] 2 tsp tahini
- [ ] 1 tsp Dijon mustard
- [ ] 1 tbsp fresh basil, chopped
- [ ] 6 cherry tomatoes, chopped

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **179** |
| **Total fat** | 10.6 g |
| Saturated fat | 1.5 g |
| **Sodium** | Not listed |
| **Total carbs** | 3.6 g |
| Fiber | 4.4 g |
| Total sugars | 3.1 g |
| **Protein** | 15.1 g |

## Method

- [ ] 1 Set an oven to 180°C, gas mark 4, and lay the Portobello mushroom caps on a baking sheet given a light coating of oil, with the tops resting against the tray.
- [ ] 2 Pour the rapeseed oil into a large pan and let it warm over a medium heat. While it heats, chop the reserved mushroom stems finely, then tip them into the pan along with the spring onions and the firm tofu.
- [ ] 3 Let everything cook for 3-4 minutes, then work the frozen spinach and the black pepper through the pan, stirring often for a further 2-3 minutes.
- [ ] 4 Once the pan is off the heat, stir the tahini, Dijon mustard and the chopped fresh basil into the filling.
- [ ] 5 Pile the filling into each of the caps and bake for 15-20 minutes. Scatter the chopped cherry tomatoes over the top and serve.

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