Dinner, Indian

Tender Mushrooms Baked in Foil with Herbs

Mushrooms are tossed with onion, parsley, butter, dried oregano, lemon juice and salt, then sealed in foil and baked until tender. The parcel locks in the herby aroma until you open it.



Vegetarian | Gluten free | Nut free

25 min	47	3.6 g	3 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1 1/2 cups mushrooms (khumb)
- [ ] 1/4 cup finely chopped onion
- [ ] 1/4 cup finely chopped parsley
- [ ] 1 tbsp butter
- [ ] 1 tsp dried oregano
- [ ] 2 tsp lemon juice
- [ ] salt (namak) and to taste

Method

- [ ] **1** Twist off and discard the stems from the mushrooms, then rinse the mushrooms thoroughly.
- [ ] **2** Tip the mushrooms into a deep bowl, add the finely chopped onion, parsley, butter, dried oregano, lemon juice and salt, and mix until everything is well combined.
- [ ] **3** Lay a sheet of aluminium foil on a clean, dry surface and pile the mushroom mixture in the centre.
- [ ] **4** Bring the sides of the foil up over the mixture and press the edges together to seal the parcel.
- [ ] **5** Bake the sealed parcel in a preheated oven at 200°C (400°F) for 15 minutes.
- [ ] **6** Let the mushrooms cool slightly and serve warm right away.

Nutrition Facts

Per serving

Calories	**47**
Total fat	3.5 g
Saturated fat	Not listed
Sodium	36 mg
Total carbs	3.6 g
Fiber	0.7 g
Total sugars	3 g
Protein	0.9 g

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