

## **Florentine Mushrooms on toast (Vegetarian) – serves 1 as a main meal or 2 as a snack - Vegetarian**

### **You will need:**

- 2 eggs
- 2 large flat mushrooms
- 160g spinach
- 1tbsp pine nuts
- 60g low-fat cream cheese
- 2 slices granary bread

### **How to make it:**

1. Preheat the oven to 180 degrees C or heat the grill (medium).
2. Brush 2 large flat mushrooms clean and place on a baking tray.
3. In a pan, place the spinach and a tablespoon of water and cook the spinach until it has started to wilt.
4. Spoon the wilted spinach into the mushrooms.
5. Crack an egg into each of the mushrooms and place under the grill or in the oven until the egg is cooked.
6. Meanwhile, place two slices of granary bread into the toaster.
7. Once the toast is done, spread a layer of low-fat cream cheese over the toast and place the filled mushroom on top.
8. Toast the pine nuts for a couple of minutes in a dry frying pan and sprinkle over the top and serve.

### **What does this give you?**

- 1 portion protein
- 2 portions vegetables
- 1 portion starchy food
- 1 portion dairy

The detail: per serving when served between 2 people as a light snack: 304kcal, 15.8g fat, 5.3g saturated fat, 18.7g carbohydrate, 2.6g sugar, 5.8g fibre, 18.3g protein, 1.3g salt

Preparation time: 5 minutes

Cooking time: 8-10 minutes

Approx. cost per serving: £1.58

**Allergens: Contains gluten, nuts, eggs, milk.**