

BBQ Mushroom Egg Cup



Preparation time:	5 mins
Serves:	4 people
User Rating:	★★★★☆

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Who doesn't love a mushroom on the barbecue? We've found a way to step up your field mushroom with an egg, turning it from a side dish to the main star in less than 5 minutes.



Ingredients

- 8 Eggs
- 8 large Field mushrooms
- 4 tsp Olive oil
- 1 bunch Chives

Method

1. Wash the mushroom and carefully remove the stoke from the centre.
2. Drizzle olive oil into the centre and place mushroom up side down on to the barbecue to heat for 2 minutes.
3. Crack the eggs into the mushroom cups, close the lid of the barbecue and cook for 2 to 3 minutes or until eggs are cooked.
4. Season and sprinkle with chopped chives. If your barbecue does not have a lid cover the mushrooms with an upside down oven dish or aluminium foil roasting tray.

Notes

TIP: If you don't want to fire up the barbecue, you can bake the mushrooms instead.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
259g	858kj 205kcal	16.8g	14.1g	3.2g	0.7g	0.7g	170mg	2.2g

All nutrition values are per serve.