

Savoury Parmesan French Toast with Mushrooms



Preparation time: 25 mins

Serves: 2 people

User Rating: ★★★★★

Publication: 16 July 2018

Categories: Breakfast Recipes, Vegetarian

Savoury French toast with mushrooms puts a fancy spin on eggs and toast but is an absolute breeze to make. Choose a wholegrain bread, add a sprinkle of parmesan, and load it up with herby mushrooms. It's a healthier breakfast delight!



Ingredients

3 eggs

120 mL milk of choice

25 grams finely grated parmesan cheese, plus extra to serve if desired

4 slices thick bread

200-250 grams mushrooms, sliced (cup or portobello mushrooms work well)

Extra virgin olive oil, for frying

Salt and pepper

Small bunch chives

Method

1. Preheat oven to about 50 C; you can keep the toast and mushrooms in there to stay warm while you prepare everything.
2. Whisk together eggs and milk, seasoning with a little salt and pepper. Pour mixture into a shallow dish so you can dip the bread in easily. Add in most of the parmesan cheese, reserving a little to sprinkle on the toast slices while they're frying.
3. Heat a non-stick pan up to a moderate-to-low heat. Add 2 teaspoons of olive oil to the pan.
4. Dip a slice of bread into the egg mixture, flipping it over so both sides are soaked. I like to let it sit for about 15 seconds on each side, to make sure the egg mixture is soaked in. Pick up the bread and let the excess drip off for a moment. There should be some parmesan stuck to the bread. Pop the bread into the pan and cook for 2-3 minutes on each side, until dark golden brown. While the bread is cooking, sprinkle over some of the remaining parmesan so you get a lovely extra bit of crisped-up parmesan on the outside. If the bread browns too quickly, reduce the stove temperature.
5. Repeat the cooking process with the remaining slices of bread, and keep the slices in the oven to stay warm while you're cooking.
6. While the bread is cooking, take a second pan and add 2 tsp olive oil. Add the sliced mushrooms and cook until softened. Towards the end of the cooking process, season with salt, pepper and some chopped chives.
7. Once everything is ready, serve the French toast with the sliced mushrooms on top, and garnish with extra chives. Add extra parmesan, and a little drizzle of olive oil, if desired.

Notes

- Slightly stale bread works best for French toast - it soaks up the mixture really well. This is the perfect recipe for using up leftover bread!
- If you don't like/don't have chives, simply use a pinch of dried thyme, or your favourite dried herb mix, to season the mushrooms. Adding a little knob of butter to the mushrooms while they are cooking is also delicious.
- If you can't have dairy, this recipe can be made dairy free. Omit the parmesan and use a dairy-free milk (make sure it is an unsweetened milk). You can add a tablespoon or two of nutritional yeast to the egg mixture for a "cheesy" flavour.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
379g	2070kJ 495kcal	30.4g	21.1g	7.2g	41.6g	7g	805mg	5.3g

All nutrition values are per serve.