

# ROASTED GARLIC MUSHROOMS

## Ingredients:

16 even-sized open cup mushrooms, stalks cut level  
3 tbsp olive or coconut oil  
1/4 c unsalted butter, softened  
3 cloves garlic, chopped very finely  
2 tbsp fresh thyme, chopped  
1 1/2 tbsp lemon juice  
salt and freshly ground black pepper to taste  
1/4 c fresh breadcrumb

## Directions:

Preheat the oven to 200C/400F/gas mark 6. Lightly fry the mushrooms, cap-side down, in hot oil for 20 seconds.

Arrange the mushrooms in a shallow roasting tin with the stalks facing upwards.

Mix together the butter, garlic, thyme, lemon juice and seasoning. Spoon a little garlic butter on to each mushroom, then lightly press the breadcrumbs on top. Either refrigerate for later use, or cook immediately in the oven for 10 minutes.

Thank you all for passing my things around and sharing