

# GARLIC MUSHROOMS



## QUICK

10 mins prep  
time

## HEALTHY

They are baked rather than fried, reducing the fat content

## FAMILY



## MEALS

A delicious snack between meals or serve a side dish

## INGREDIENTS

- 20 small mushrooms
- 50g breadcrumbs (see tip)
- 20g fresh parsley chopped or 1 tbs dried mixed herbs
- ½ tsp ground paprika
- ½ tsp salt and 8 grinds black pepper
- 2 large garlic cloves
- 50ml mayonnaise plus 1 tbs water\*

\* To make vegan – see my vegan mayonnaise recipe

## METHOD

- 1) Put your air fryer or oven onto 180°C (Fan)
- 2) Finely chop your parsley
- 3) Mix the breadcrumbs, paprika, parsley and S&P in a large bowl
- 4) Make up the wet mix in a bowl, by mixing the mayonnaise and minced garlic plus 1 tbs water (if needed)
- 5) Dip the mushrooms into the wet mix (do a few at a time)
- 6) Then pop into the dry mix and shake to cover fully
- 7) Put in the air fryer for 8-10 mins or place on an oven tray and bake for 20 mins until cooked through.
- 8) Eat and enjoy

## TOP TIP !

Whenever you have leftover bits of bread — particularly the ends — blitz them in the blender till they are breadcrumbs.

Store in the freezer till needed.  
Never buy breadcrumbs again!



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)