

Garlic and Soy Roasted Mushrooms

Relish the earthy flavours of Garlic and Soy Roasted Mushrooms. There's really not much to do in terms of preparation. I select medium size mushrooms, and drizzle them with a combination of butter, garlic, soy sauce and a little olive oil to create an intensely flavoured sauce. A beautiful hearty meat-free meal!!



Garlic and Soy Roasted Mushrooms

Flat mushrooms are my preferred variety for this recipe. Swiss browns can also make a nice substitute. To achieve that really satisfying 'meaty' feel, it's best to select medium – large mushrooms of roughly the same size.

Your tray size is also important. You want the mushrooms to fit snugly in the tray as they will shrink slightly during baking. I like my mushrooms to still hold their shape at the end of the cooking process, so I bake them for 20 minutes only. Add another **5 minutes** to the cooking time if you'd like them a bit softer.

I probably could have added a little extra liquid to the bottom of my tray to make it slightly more 'saucy'. Regardless, you can see how juicy and plump the mushrooms are, thanks to the beautiful combination of their own juices mixed with butter, garlic, soy sauce and olive oil. I haven't added salt to the list of ingredients as there is enough salt in the soy sauce. You could though, add a little sprinkling of pepper.

As a family, we do love our mushrooms, but it wasn't until I was writing this post that I learnt just how nutritional they are. Here's what I found:

- Mushrooms are a good source of vitamin B2 and B3.
- They have dietary fibre, which is important for a healthy bowel.
- Mushrooms are rich in minerals such as potassium (important for regulating blood pressure), phosphorus, zinc and selenium.



Preparation Time: 5 mins

Cooking Time: 20 mins

Servings: 4

Ingredients

- 8 medium size flat mushrooms (roughly 450 g / 16 oz)
 - 3 tbsp / 50 g /1.5 oz melted butter (unsalted) (Note 1)
 - 1 tbsp soy sauce
 - 1 tsp olive oil
 - 1 garlic clove, grated
 - extra olive oil
-

Instructions

1. Preheat oven to 180 C / 350 F
 2. Drizzle or brush olive oil in a medium baking tray (roughly 1 tbsp) (Note 2)
 3. Place mushrooms in the tray (as pictured).
 4. Mix the butter, garlic, olive oil and soy sauce.
 5. Spoon a teaspoon of mixture over each mushroom. Make sure you spoon some over the edges too.
 6. Drizzle each mushroom with a little more olive oil.
 7. Bake uncovered for 20 minutes if you like your mushrooms to hold their shape and be a bit on the firm side. Bake an extra **5 minutes** if you like your mushrooms a little softer.
 8. Scatter chopped chives or parsley over the mushrooms.
-

Notes

1. I use unsalted butter as the soy sauce will provide enough salt for this dish.
2. Adding olive oil prevents the butter from burning on the

bottom of the tray. If it seems that the sauce at the bottom of the tray is drying out during baking, add a little water.

I can eat this dish at any time of the day, for breakfast, lunch or dinner. Garlic and Soy Roasted Mushrooms are delicious on their own or can be served in a multitude of ways: with mashed potatoes, polenta, on toast, or as a side with a portion of chicken or red meat.

Either way, I think you'll find it hard to stop at one.

Danielle