make your own...

This dish created by:

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Sous Chef

Pan Fried Chilli Mushrooms with Tender Stem Broccoli and Feta

Ingredients

250g button mushrooms

100g tender stem broccoli

50g feta cheese

Pinch of dried chilli flakes

2 tbsp olive oil

Seasoning to taste

Serves 1

Suitable for: Vegetarians or make vegan-friendly by replacing the feta for vegan cheese

Method

This is a simple dish for one, or multiply the ingredients if you are cooking for others too.

Ideal as a quick main dish or served as a vegetable side to a larger meal.

Heat the oil until smoking hot before adding the mushrooms. Pan fry before turning the gas down to medium (you are looking for a nice caramelised colour on the outside of the mushrooms).

Add the chilli and broccoli, washing the broccoli just before adding to the pan, as this will create a bit of steam, helping to cook the broccoli quicker.

Turn the heat to medium to low, and cook for a further 2-3 minutes until the broccoli is cooked to your liking.

Season with salt and pepper, then serve the mushroom and broccoli mixture in a bowl, crumble the feta on top and drizzle with olive oil.

Serve with a crunchy garlic bread.