KIKKOMAN

Quinoa Stuffed BBQ Mushrooms

Total time **45 mins** **30 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
3,152 kJ / 788 kcal

Fat: **26 g** Protein: **48 g**
Carbohydrates: **97 g**

INGREDIENTS

2 portion(s)

4	Portobello mushrooms
100 g	quinoa
4 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
70 g	grated cheddar cheese
1 bunch	chives
1	small red onion
1	clove garlic
0.5	yellow pepper
1	tomato
1	carrot
1 tbsp	frying oil
	salt and pepper to taste

PREPARATION

Step 1

Clean the mushrooms, leave whole but remove the stems. Finely chop the stems.

Step 2

Dice the onion, garlic, pepper and tomato. Peel and dice the carrot. Cube the tomato as well. Finely chop the chives.

Step 3

Boil the quinoa according to pack instructions.

Step 4

Drizzle a little oil in the frying pan. Add the onion and mushrooms. Fry until the onion becomes soft and mushrooms shrink. Add the carrot and pepper and fry altogether for around 3 minutes. Then add boiled, drained quinoa, tomato and chives (save some for garnish) plus 2 tablespoons of Kikkoman Ponzu and mix. When the stuffing cools off add grated cheese and mix.

Step 5

Sprinkle the mushroom caps with Kikkoman Ponzu Citrus Sauce on each side. Stuff the caps with prepared filling, then place the mushroom caps on the bbq or under a grill. Cover with aluminium foil and grill around 15 minutes or until the mushrooms are fully cooked.

Step 6

Serve with extra chopped chives.