

## Mediterranean Toast Topper

Serves: 1

Prep time: 5 Minutes

Cooking time: 8 Minutes

### Ingredients:

- 6-8 swiss or button mushrooms
- 2 tablespoons oil
- 1 teaspoon crushed garlic
- 6 cherry or truss tomatoes, halved
- handful of baby spinach
- 1-2 tablespoons basil, torn
- bocconcini, torn **\*optional**
- shaved parmesan cheese
- 1 slice of toast



*I love the mushroom flavour in this great breakfast snack*

### Method:

- In a small bowl, mix the oil and garlic together
- Cut the mushrooms in half and add to the garlic oil
- Heat a small frypan over medium high heat
- Add the mushroom and oil juices to pan and panfry for 2 minutes
- Add the tomatoes, cook for 2 minutes while stirring
- Add the spinach, basil and some torn \*bocconcini, stir for one minute or until just starting to wilt
- Pour onto hot toast, add shaved parmesan cheese and more bocconcini if desired