

Loaded Mushies

Ingredients:

- 1 cup Tastic brown & wild rice
- Portobello mushrooms
- 1 medium onion
- 2 cloves garlic
- 2 tbsp fresh thyme
- Olive oil
- Salt
- 3/4 cup grated parmesan
- ½ cup breadcrumbs
- 2 tbsp melted butter

Directions:

1. Bring 1 cup Tastic brown and wild rice to the boil in lightly salted water. Reduce the heat and allow to simmer for 30 - 40 minutes.
2. Brown 1 diced onion and 2 cloves crushed garlic together with 1 tbsp fresh thyme in olive oil.
3. Once browned add the mixture to the rice. Stir to combine.
4. Mix 1/2 cup grated parmesan, salt and pepper into the mixture.
5. In a separate bowl, combine ½ cup breadcrumbs with 1/4 cup grated parmesan, 2 tbsp melted butter and 1 tbsp fresh thyme. Season to taste.
6. Spoon the rice mixture into the portobello mushrooms, topping each with the breadcrumb mixture.
7. Bake at 180°C for 20 – 30 minutes or until golden.