

## **Mushrooms Acapulco Mexican Dish (Serves 2)**

### **Ingredients**

4 slices of Low Protein Bread, crusts removed

45g butter

150g mushrooms, thickly sliced or broken apart\*

¼ teaspoon chilli powder, use ½ for hotter result

¼ teaspoon cumin

¼ teaspoon paprika

Pinch of salt and black pepper

\* may need to count as exchanges

### **Method**

1. Butter bread sparingly on one side.
2. Place the bread under a grill for a couple of minutes until golden brown. Keep warm.
3. Melt the remaining butter in a small pan (low/moderate heat), then add the spices and seasoning and stir well.
4. Immediately add the mushrooms and toss well to ensure they are evenly covered in the melted butter and spices. You may need to add a little extra butter after a minute as the pan dries out.
5. Heat the mushrooms completely but be careful not to overcook them – you don't want the mushrooms to weep, release all their moisture and shrink on the pan.
6. When ready (after a couple of minutes, no more) spoon on top of the bread slices.
7. Serve hot.

### **Note**

For good results it is best to use a small frying pan.

This recipe was sent in by a parent.