Barbeque Portobello Mushrooms

Ingredients

- 2 teaspoons Dijon Mustard*
- 1 teaspoon balsamic vinegar
- 2 large portobello mushrooms
- 2 thick slices beefsteak tomato
- 2 low protein rolls, toasted
- Garlic
- 2 slices red onion
- 2 handfuls rocket

*= check protein content on label

Method

1. Bake two low protein rolls as per instructions.
2. Meanwhile mix the mustard and vinegar together.
3. Brush over the mushrooms and season well with salt and pepper.
4. Barbeque the mushrooms for 2-3 minutes each side.
5. Chop a garlic clove in half and rub over the low protein roll
6. Barbeque the roll on both sides to toast.
7. Spread any of the remaining sauce over the buns
8. Add the mushroom, tomato side down followed by the red onion and rocket.