

# Flat Mushrooms Stuffed with Cheese and Onion

Lots of flavour makes this a very popular choice

**Portions 10**

## Ingredients

250g	Grated Cheese
100g	Onions
5g	Garlic Puree
50g	Plain Flour
50g	Butter
1 litre	Milk
1 kg	Flat Mushrooms
	Parsley to season

## Method

1. Melt butter in a pan add the flour to form a roux.
2. Add the milk gradually, stirring until the sauce thickens.
3. Once cooked remove from heat add the grated cheese.
4. Remove the mushroom stalks and chop into small pieces.
5. Add chopped stalks, garlic puree and finely diced onion to a bowl.
6. Fill the cavity of the mushroom with the filling mix.
7. Spoon a little cheese sauce over the top of the filling.
8. Sprinkle a little grated cheese on top bake for 10-12 minutes.
9. Serve with parsley for seasoning

**Great as a starter or a delicious veggie option**