

MUSHROOM DELIGHT

Serves 2

INGREDIENTS

2 slices	Gardenia Low GI Nutri Multi-Grain Bread
1 tsp	Olive oil
1 clove	Garlic, diced
5 pieces	Mixed mushrooms, roughly chopped
1 tbsp	Parsley, chopped
1 tbsp	Fresh tomatoes, chopped. Add salt and pepper to taste
4 pieces	Lettuce leaves



METHOD

1. Heat olive oil in a pan, add garlic and mushrooms.
2. Sauté mushrooms quickly until just cooked, add chopped parsley and tomatoes.
3. Season with salt and black pepper, remove pan from the heat.
4. Flatten the slices of Gardenia Low GI Nutri Multi-Grain Bread slightly with a rolling pin and top with lettuce leaves.
5. Spoon the mushrooms on top of the lettuce leaves.
6. Fold 2 corners of the bread towards the centre and secure with toothpicks.