

# Mushrooms on Toast

Pan fried mushrooms with salad.

This is an **English**<sup>1</sup> dish.

Serves 2.

## Ingredients

- 500 g best mushrooms
- 50 ml Zaytoun **FAIRTRADE** olive oil
- to taste **FAIRTRADE** freshly ground black pepper
- 1 yellow bell pepper
- 1 small red onion
- 2 thick slices ("doorsteps") wholemeal bread
- lots fresh herbs
- 15 ml balsamic vinegar
- 2 cloves garlic

## Cooking

Heat a little oil in a frying pan, and fry the mushrooms reasonably hot for 4 minutes.

Turn the mushrooms over and add the onions and peppers to the pan.

Fry for another 4 minutes.

Whilst frying, toast the bread on both sides.

Sprinkle with chopped fresh herbs and serve.

## To serve

Put the toast on a plate.

Spoon the mushrooms over the toast.

Serve hot.

## Method

### Preparation

Clean the mushrooms as necessary, remove stalks. Then toss them in the olive oil and add a good shake of salt and pepper.

Skin the onion and cut into 2 cm strips.

Skin and crush the garlic.

Take pith and stalk out of the pepper and cut into small pieces.

Mix the onion, garlic and pepper with the balsamic vinegar.

Chop the herbs.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>