



Stilton-stuffed Portobello Mushrooms with Herbed Freekeh

Makes: 3-4

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients:

150g bulgur

270ml vegetable or chicken stock

6 portobello mushrooms, stalks trimmed and finely chopped (set aside the caps and chopped stalks separately)

150g Stilton, sliced

1 small onion, finely chopped

3 spring onions, finely sliced

1-2 tablespoons lemon juice

Zest of 1 lemon

Handful parsley leaves, chopped

Handful mint leaves, chopped

Butter, for cooking

Stuffed mushrooms may have been overcooked as a somewhat dated option in recent years but they still taste great! Especially stuffed with plenty of piquant Stilton cheese for a festive touch. These are lovely with other grains too, such as freekeh, or try couscous.

Method:



1. Combine the bulgur and stock in a saucepan and bring to the boil. Reduce to a simmer, put the lid on and cook for 15 minutes on low heat.



2. Light two gas burners on the Jupiter Outback BBQ and set the heat to medium.

3. Heat a splash of oil in a frying pan and add the onion. Allow to soften but not colour, around 10 minutes. Add the mushrooms and cook for a further 5 minutes. Season with salt and pepper.



4. Dot the mushrooms with butter and season. Cook over medium heat for 5 minutes, or until the butter



Method Continued:

has melted and the mushrooms are starting to soften.

5. Top the mushrooms with the onion mixture, then add a slice of Stilton. Cook for a further 10 minutes or until the cheese is melted and the mushrooms soft.

6. Combine the bulgur with the spring onions, lemon juice, zest and herbs.

7. Top with the mushrooms and serve.

