



## Field Mushrooms with a Spicy Madras and Courgette Stuffing

Difficulty  
Intermediate



### Ingredients

- 1½ tbsp Patak's Madras Curry Paste
- 4 large field mushrooms plus 1 small mushroom
- few sprays 1 calorie oil
- 1 small courgette, finely-chopped
- ½ romano or standard red pepper, deseeded and sliced
- zest of 1 lemon
- 100g lambs lettuce or mixed salad leaves
- 1 x 250g pouch microwave basmatic rice
- 1 lemon cut into wedges to garnish
- 1 tsp water

### Instructions

1. Pre heat the oven to 200°C, 400°F, Gas Mark 6. Pull the stalks from the large mushrooms and finely chop the stalks with the small mushroom. Heat a non-stick wok or frying pan and add the oil.
2. Fry the mushrooms, courgette and red pepper for 1 minute in the wok. Stir in the Patak's Madras Curry Paste, add a tsp of water and allow the paste to cook for 2 minutes.
3. Meanwhile, cook the microwave basmati rice as directed on the pack and then stir into the wok with the lemon zest.
4. Place the mushrooms on a baking sheet, pile the filling on top and bake for 15 - 20 minutes, covering with foil to prevent the rice from drying out.
5. Serve with the lambs lettuce or mixed salad leaves and lemon wedges.

