



## Spicy Pepper and Aubergine In Portobello Mushrooms

This dish is great for brunch or lunch – and will feel like a real treat. The meatiness of the mushrooms will help to fill you up until your next meal.

Serves 1

### Ingredients

- 2 portabello mushrooms
- 1 red bell pepper, cut into strips
- ¼ aubergine, cut into small cubes
- ¼ tsp dried chilli flakes
- Dried oregano, to garnish
- Freshly ground black pepper
- A little olive oil



### Method

1. Preheat the oven to 220C
2. Clean the mushrooms with a damp cloth and remove the stem, making enough space for the pepper and aubergine mixture
3. Wipe a little olive oil around the outside of the mushrooms to ensure they don't stick before placing them on the baking tray
4. Place in the oven for approximately 10 minutes until the mushrooms are beginning to soften
5. Meanwhile, put the red pepper, aubergine and chilli flakes into a frying pan over a medium heat and stir fry for 5 minutes, until softened
6. Drain off any excess fluid that has appeared from baking the mushroom
7. Transfer the pepper and aubergine mixture into the mushrooms
8. Place back into the oven for approximately 10 minutes
9. Sprinkle with oregano and ground black pepper

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