

Sautéed Mushrooms on Toast (serves 4 - very easy)

Ingredients

1 Tbs Olive oil Or Butter

400g of mushrooms sliced thick

Pepper and Salt

Handful of parsley, coarsely chopped

4 Slices bread of your choice Toasted

1 Cup Cottage Cheese

Directions

1. Heat oil in a non-stick Fry pan over a medium- high heat. Add mushrooms to the pan and cook, Tossing until light golden (6-8 minutes). During fry up add a pinch of pepper and salt.

2. Sprinkle on top parsley and toast your bread.

3. Top toast with Cottage cheese then spoon over the mushroom mixture.
Serve.