

mushroom sandwich

preparation: 15 minutes cooking: 5 minutes serves: 4



1/3 cup olive oil plus extra for greasing
2 garlic cloves, crushed
salt & ground black pepper, to taste
4 (about 100g each) large flat mushrooms,
stalks removed
4 eggs
8 thick slices white bread, toasted
1/4 cup barbecue sauce
1 1/2 cups shredded Iceberg lettuce
225g can sliced beetroot, well drained
2 medium ripe tomatoes, sliced

1. Combine the oil, garlic & salt & pepper in a small bowl. Brush both sides of the mushrooms with the garlic oil.
2. Grease a barbecue plate or large frying pan with extra oil & preheat on medium heat.
3. Place the mushrooms onto the barbecue plate & cook for 2 minutes on each side or until just tender. Remove to a plate to keep warm.
4. Crack the eggs onto the barbecue plate & cook for 1 minute or until cooked to your liking.
5. To serve, place 1/2 the toasted bread onto serving plates & evenly spread with the barbecue sauce. Top evenly with shredded lettuce, beetroot, tomato, a mushroom & a fried egg. Season with salt & pepper & top with remaining bread. Cut sandwiches in half & serve immediately.

Variation: Replace the white bread with sourdough bread & the Iceberg lettuce with 150g baby spinach leaves, washed & dried. Add barbecued sliced red onions to serve.