



SEAN MINOR.

Stuffed Portobello Mushroom



Prep: 20 minutes

Pair With: Sean Minor Sonoma Coast Chardonnay

Ingredients:

4 Portobello mushrooms

2 Cups chopped fresh spinach

½ Shallot minced

2 Garlic cloves minced

¾ Cup chopped artichoke hearts (canned in water)

½ Cup greek yogurt

¼ Cup Avocado yogurt

Topping:

½ Cup fresh grated parmesan cheese

1 Cup Panko

½ tsp dried Thyme

½ tsp dried basil

½ tsp dried oregano

¼ tsp smoked paprika or smoke chili powder for a kick

Preheat the oven to 450 degrees.

Directions:

Clean Portobello mushrooms, remove stems and pat dry with paper towels. Place mushrooms on foil sprayed with cooking oil (use oil for high temps). Allow mushrooms to cook for 15 minutes at 450 degrees. Remove from the oven, drain water and place on paper towels and set aside.

While mushrooms are cooking, prepare your stuffing mix. Heat 2 olive oil in a pan on the stovetop and add garlic and shallots until translucent (approx 2-3 minutes). Add spinach and lightly wilt (approx 1-2 minutes).

Blend heated garlic, shallots and spinach and add them to artichokes, yogurt, avocado mayo. Lightly season with salt and pepper to taste.

Blend toppings together in a separate bowl. Add parmesan cheese, breadcrumbs, thyme, basil, oregano, paprika and salt and pepper.

Take cooled mushrooms and add fist size scoop of stuffing to each mushroom and top with the breadcrumb mixture.

Turn the oven down to 400 degrees and cook for 15 minutes until the topping is golden.

Serve hot with a simple arugula salad and nice pour of Sean Minor Sonoma Coast Chardonnay.

always invited.

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