

Mushroom Phyllo Triangles

Meal time: Lunch/ Dinner

Meal course: Starter

Meal type: Vegetarian

Difficulty: Easy

Servings: 48

Total time: 30 minutes

Ingredients

¼ teaspoon salt
 Olive oil cooking spray
 30 g dried porcini mushrooms
 24 (45 x 35cm) sheets frozen phyllo dough, thawed
 450 g button mushrooms
 200 g flat-leaf parsley, chopped
 1 onion, chopped
 170 g cream cheese
 2 tablespoons olive oil
 ¼ teaspoon fresh nutmeg, grated
 1 teaspoon dried oregano
 ½ teaspoon freshly ground black pepper

Nutrition Facts

	Amount per serving
Calories	49
Total Fat	2g
Saturated Fat	0.8g
Cholesterol	3 mg
Sodium	97 mg
Total Carbohydrate	6.2 g
Dietary fibre	0.5 g
Total Sugars	7 g
Protein	1.5 g
Vitamin D	0 IU
Calcium	7 mg
Iron	0.6 mg
Potassium	679 mg

Instructions

1. Add dried porcini mushrooms to a large bowl and cover with boiling water. Leave for an hour, then drain well and chop.
2. Add half of the button mushrooms to a food processor and pulse until finely chopped. Transfer to a bowl.
3. Repeat the same with remaining mushrooms. Pulse onion in a processor until chopped finely.
4. Add oil in a nonstick skillet and allow to heat. Sauté chopped onions for 5 minutes, then add in button mushrooms and cook for about 10 minutes, until mushrooms are tender.
5. Stir in porcini mushrooms along with fresh nutmeg, ½ teaspoon freshly ground black pepper, ¼ teaspoon salt, 1 teaspoon dried oregano. Cook for 2 minutes, then stir in cheese until melted.
6. Next, add in finely chopped parsley.
7. Place 1 phyllo sheet on a flat work surface and cut in half lengthwise. Grease with cooking spray lightly and fold each piece of phyllo in half lengthwise to form a strip of 8 cm wide.
8. Spoon mushroom mixture onto short end of each phyllo strip, leaving a border of 2.5 cm.
9. Now fold 1 edge corner with 2.5 cm border over mushroom mixture to form a triangle. Continue folding back and forth till the end of the strip.
10. Do the same with remaining phyllo sheets.
11. Place triangles on a baking sheet (seam side down) and coat the tops lightly with cooking spray.
12. Bake in a preheated oven at 180 °C until golden, for about 20 minutes.
13. Top with roasted sesame seeds (optional) Enjoy!