



Did you know mushrooms are not fruits or vegetables? They are actually a type of fungus, but they still count as one of your 5 A DAY. They are a source of B vitamins, which give us energy.



Mixer's purrrfect mushrooms



Equipment: • chopping knife
• teaspoon • tablespoon
• cutting board • small frying pan
• baking tray • foil • wooden spoon • cheese grater

Ingredients (serves 4): • 4 large flat mushrooms • 5 spring onions
• 2 tablespoons fresh parsley • 3 medium tomatoes • 2 teaspoons olive oil • 1 clove garlic, chopped • 1 slice grated wholemeal bread
• 3 teaspoons grated parmesan cheese • 2 carrots • 6 black olives
Preheat the oven to 180°C/Gas Mark 4



Did you know that frozen fruits and vegetables count towards your 5 A DAY?



Take the stalks off the mushrooms and ask an adult to help you finely chop them. Now, chop the spring onions and parsley into small pieces and slice the tomatoes.



For the topping, ask an adult to heat the oil in a frying pan. Gently fry the spring onions and the chopped mushroom stalks for 3 minutes. Add the garlic and fry for 1 more minute. Stir in the grated wholemeal bread, parsley and parmesan.



Lay the mushrooms on a non-stick baking tray, as shown in the picture. Arrange the slices of tomato on top. Spoon the topping on top of the tomatoes and press it down lightly.

Now make your mushrooms look like cats by slicing half a carrot to make the ears. Cut the other half of the carrot into sticks to make whiskers. Cut the olives in two to make the eyes and nose.

Lay a piece of foil loosely over the top of the tray. Ask an adult to put the tray in the oven for 25-30 minutes, until the mushrooms are tender but not too soft. Enjoy your cat mushroom!

REMEMBER: Picking wild mushrooms is not safe! Only an expert can tell which ones are not poisonous!