

# Mushrooms & tomatoes on toast with juice

(Serves 2)

## Ingredients

- 2 tsp Oil, Rapeseed (Canola)
- 125g Mushrooms, button, whole
- 2 Tomatoes, medium, halved
- 160g Tomatoes, cherry, whole
- 2 x 800g Slices Hovis Granary wholemeal bread
- 2 tbsps (30g) Lurpak lighter, Olive oil spreadable butter
- 1/4 tsp Black pepper
- 1/4 tsp Salt, reduced sodium
- 300mls Tropicana Pink Grapefruit juice

## Preparation

1. Heat oil in a frying pan.
2. Fry mushrooms on a medium heat until nicely browned.
3. Whilst mushrooms cooking, grill tomatoes.
4. Toast bread & spread with the butter.
5. Put toasted bread onto a plate, top with mushrooms & tomatoes.
6. Sprinkle with black pepper & salt.
7. Serve immediately with pink grapefruit juice.

**TOP TIP:** Just as nice without buttering the toast as the crunch offsets the softness of the mushrooms & tomatoes. Use any mushrooms you like.

## NUTRITIONAL VALUES PER SERVING

Calories 329

Total Sugars 18.19g

Total Fats 15.31g

Saturated Fats 3.86g

Salt 1.02g

Fruit & Veg 3.75