



### **Barbecue mushroom BLT**

Serves 4

2 tbs olive oil  
4 large (140g each) flat mushrooms, trimmed  
6 rashers bacon, rind removed, halved  
8 slices multigrain bread, toasted  
1/4 cup whole egg mayonnaise  
2 tsp Dijon mustard  
3 iceberg lettuce leaves, shredded  
1/2 cup semi-dried tomatoes, chopped  
French fries to serve

- 1.** Preheat barbecue plate on high. Drizzle both sides of the mushrooms with oil and season with salt and pepper. Place on the hot barbecue plate and cook for 3 minutes each side or until just tender. Remove to a tray.
- 2.** Add bacon and barbecue 1–1 1/2 minutes each side until golden. Remove to the tray.
- 3.** Place 4 slices toasted bread onto a board. Combine mayonnaise and Dijon mustard together and spread over 1 side of the toast. Top with lettuce, mushroom, bacon and tomatoes. Season with salt and pepper. Top with remaining bread. Serve with French fries.

#### **TIP**

To reduce the saturated fat replace the mayonnaise with Greek-style yoghurt.

#### **Australian Mushroom Growers**

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