

Barbecued Flat Mushrooms with Miso & Wasabi-Avocado Mayonnaise



Shopping List:

- 1x avocado
- 8x Flat Mushrooms
- 1x small beetroot
- 2x cups mixed Asian herbs
- Peanut Oil
- Lemon Juice (bottled)
- Japanese Mayonnaise
- White Miso Paste

Serves: 4 **Cooking:** 15 minutes

Ingredients

- 2 tbs white miso paste *
- ¼ cup lemon juice 1 ripe avocado, peeled and deseeded
- 2 tsp wasabi paste
- ¼ cup Japanese mayonnaise
- 8 flat mushrooms, stems removed
- 2 tbs peanut oil
- Salt and pepper
- 2 cups mixed Asian herbs or micro salad greens
- 1 small beetroot, julienned

* Miso paste is a fermented soybean mixture used for stews. It can be found in most supermarkets and all Asian grocers.

Preparation

1. To make the dressing; whisk miso paste and lemon juice together and set aside
2. Puree avocado, wasabi and mayonnaise in a blender. Set aside.
3. Preheat a greased barbecue grill on high heat. Toss mushrooms in peanut oil and season with salt and pepper. Arrange mushrooms stem-side down on barbecue. Barbecue for 3 minutes. Turn mushrooms and spoon over dressing. Barbecue for 3-4 minutes, until the sauce is hot and mushrooms are tender.
4. Place salad greens on serving plates, top with avocado puree, mushrooms and sprinkle with beetroot and s