

# Stuffed Portobello Mushrooms

Delicious stuffed Portobello mushrooms with quinoa, vegetables & cheese. Perfect vegetarian main dish ready in 35 minutes. Healthy and satisfying!

15 min

PREP

20 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 4 mushroom
- 1 cup quinoa
- 1 red onion
- 2 clove garlic
- 1 bell pepper
- 1 cup mozzarella cheese
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the oven and mushrooms**

Preheat your oven to 190°C (375°F). Line a baking sheet with parchment paper.
- 2** Clean the 4 portobello mushrooms with a damp paper towel. Remove the stems by twisting them off, then use a spoon to scrape out the dark gills from the underside, creating a hollow cavity for stuffing.
- 3 Make the filling**

Heat 2 tablespoons olive oil in a large skillet over medium heat until shimmering, about 1-2 minutes.
- 4** Add the 1 diced onion and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.
- 5** Add the 2 minced garlic cloves and cook, stirring constantly, until fragrant, about 1 minute.

- 6 Remove the skillet from heat and stir in 1 cup cooked quinoa, mixing until well combined. Season with 1 teaspoon salt and 1 teaspoon pepper.
- 7 **Assemble and bake**

Brush both sides of the mushroom caps lightly with olive oil and place them gill-side up on the prepared baking sheet.
- 8 Divide the quinoa mixture evenly among the 4 mushroom caps, pressing it gently into the cavities and mounding slightly in the center.
- 9 Top each stuffed mushroom with 1/4 cup shredded cheese, spreading it evenly over the filling.
- 10 Bake for 18-20 minutes, until the cheese is melted and golden brown and the mushrooms are tender when pierced with a fork.
- 11 **Serve**

Remove from oven and let cool for 2-3 minutes before serving to prevent burns from the hot filling.

## Tips

Choose firm, fresh portobellos without dark spots or slimy areas. The caps should feel heavy and have tightly closed gills for the best flavor and texture.

Remove mushroom gills with a spoon to create more space for filling and prevent the dark liquid from affecting the dish's appearance during cooking.

Pre-bake the mushroom caps gill-side up for 5 minutes before stuffing to remove excess moisture and ensure they don't become soggy.

Let the sautéed vegetables cool slightly before mixing with quinoa to prevent the filling from becoming mushy or breaking apart.

Brush the outside of mushroom caps with olive oil before baking to prevent them from drying out and to enhance their natural flavor.

Don't overfill the mushrooms - leave a small border around the edges to prevent spillage and ensure even cooking throughout.

Check doneness by ensuring the cheese is golden and bubbly, and the mushroom caps feel tender when gently pressed with a fork.

Allow stuffed mushrooms to rest for 2-3 minutes after baking to let the filling set and make them easier to serve without falling apart.