



Food for Mood

Mushroom, Kale, Garlic Crostini

Ingredients

- 250g mushrooms – you can use any kind, chopped to whatever size you want.
- 1 bunch of spinach/kale or a few big leaves of savoy cabbage, chopped
- 1 garlic clove.
- Olive oil
- 1 shallot
- 1 lemon
- 125mls of crème fraiche or oat/almond or soy cream.
- Few sprigs of thyme
- Fresh parsley or basil leaves
- Salt and pepper
- 1 baguette – sliced, ideally wholemeal (any wholewheat crusty bread would work well)



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Method

- Heat some olive oil in a pan.
- Chop onion and garlic, finely. Add them to a hot pan to fry for 2-3 mins.
- Add the chopped mushroom, kale, and thyme, and cook at medium heat until they become soft.
- Pour over the cream and cook for a further 5 mins.
- Add in fresh basil/parsley leaves and salt and pepper to taste.
- At the last minute, squeeze some lemon over the top and stir into the mixture.
- Serve on bread



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