

# CHARDONS

## Vegan Breakfast - Mushrooms, Grilled Tomato & Hash Browns

(VG), (LF)

Serves 1



### Recipe Ingredients

- 5 fresh button mushrooms
- ½ tomato
- 2 hash browns

### Preparation

1. On a oven tray with a sheet of greaseproof paper place the two hash brown. In a pre-heated oven at 160 degrees place the tray in the oven to begin cooking the hash browns. The hash browns will take 15-20 mins to roast in the oven.
2. When the hash browns are in the oven slice a tomato in half, drizzle with a little olive oil and season with salt and pepper. When the hash browns have been in the oven for 10 minutes it's time to roast the tomato. On the same tray as the hash browns place half of the tomato and cook until soft throughout with a bit of colour to the tops.
3. While the tomato and hash browns are in the oven cooking, quarter the mushrooms, in a small pan drizzle a little vegetable oil and bring to heat on a medium setting, add the mushrooms and fry until cooked with a nice golden colour then season with salt and pepper, turn down low to keep warm while the tomato and hash brown finish cooking.
4. When the hash browns are cooked throughout with a nice golden colour its ready to serve. On a warmed breakfast plate place the two hash browns just off centre of the plate the spoon the mushrooms and to finish place the tomato to one side and to finish garnish with a little sprinkle of chopped parsley.