

# Sautéed Mushrooms on Toast

**Serves 4**

1 tbs olive oil

400g button mushrooms, thickly sliced

1 tsp sweet paprika

125g cherry tomatoes, halved

1/3 cup flat-leaf parsley, coarsely chopped

4 thick slices whole grain bread, toasted

1 cup cottage cheese

1. Heat oil in a non-stick frying pan over medium-high heat. Add mushrooms and paprika to the pan and cook, tossing, for 6-8 minutes or until mushrooms are light golden.
2. Add the tomatoes and cook a further 3-4 minutes until tomatoes are warmed through. Sprinkle over the parsley, season with salt and pepper.
3. Top the toast with cottage cheese then spoon over the mushroom mixture. Serve.

