



## Mushroom and Tomato Open toast

Serving: 1

Veg

### *Ingredients*

- Serves 1
- 2 nos. whole wheat bread slice
- 100 gm mushroom, thinly sliced
- 1 small sized onion, thinly sliced
- 1/2 tomatoes, finely chopped
- 1/2 tsp green chilli paste
- 1 tbsp finely chopped coriander leaves
- A pinch of chilli powder
- 1 tsp oil
- Salt to taste

### *Preparation Method*

- 1. Heat the oil and stir fry the garlic and onions for 1 minute.
- 2. Add the tomatoes and stir again for a minute. Add the green chilli, coriander and chilli powder. Stir on a medium flame for 1/2 minute.
- 3. Add the mushroom and salt, cook for 3 to 4 minutes on the top.
- 4. Toast the bread slice and cut each toasted bread slice into two.
- 5. Spread the mixture on top. Serve hot.