

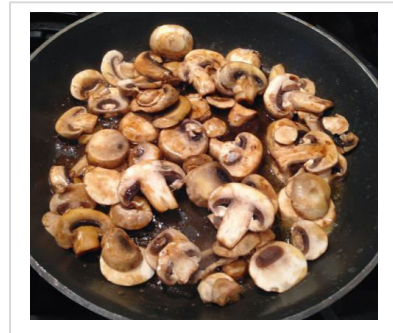
## Worcestershire Saucy Mushrooms

**Makes:** 2 Portions

*Perfect for brunch with eggs or as a side dish for dinner with meat or fish*

### Ingredients

1 teaspoon olive/coconut oil  
300g mushrooms, quartered  
25ml Worcestershire sauce



### Instructions

In a frying pan, heat olive oil on medium-high heat. Add mushrooms and cook for 5-8 minutes until they start to soften.

Add the Worcester sauce and cook for another 5 minutes, stirring occasionally until most of the juices have evaporated.

Season with salt and pepper if required.

### Nutrition information:

Each Serving:

|           |    |
|-----------|----|
| Kcal      | 72 |
| Fat       | 2g |
| Net Carbs | 6g |
| Protein   | 4g |