

Stuffed Mushrooms

Shiitake Caps with Shimeji–Walnut Filling

Serves 4 · 16 mushroom caps

MUSHROOM CHOICE

- Stuffing caps: 16 large shiitake caps (stems removed; reserve stems for stock only)
- Filling base: 120–150 g shimeji mushrooms, finely chopped (1 package)

INGREDIENTS

- Cooking spray or light oil for pan and tray
- 10 g olive oil
- 120–150 g shimeji mushrooms, very finely chopped
- 6 g garlic, finely chopped
- 1.5 g salt + MSG blend
- 1.5 g black pepper

FILLING

- 25 g panko
- 80 g cream cheese, softened
- 15–20 g walnuts, very finely chopped (breadcrumb size)
- 10 g fresh parsley, finely chopped
- 6 g fresh thyme, finely chopped
- 20 g Parmesan cheese, finely grated

TOPPING

- 15 g panko
- 15 g Parmesan cheese, finely grated

INSTRUCTIONS

1. Preheat oven to **220°C**. Lightly oil or spray a rimmed baking sheet.
2. Clean shiitake caps gently and arrange stem-side up on the baking sheet.
3. Heat **olive oil** in a skillet over **medium-high heat**. Add chopped **shimeji** and **salt+MSG**. **Cook 4–5 minutes** until moisture fully evaporates and mushrooms begin to brown.
4. Add **garlic** and **black pepper**; **cook 30 seconds** until fragrant.
5. Stir in **25 g panko**; toast **1 minute** until lightly golden.
6. Remove from heat.
7. Stir in **cream cheese, walnuts, parsley, thyme, and 20 g Parmesan** until cohesive.
8. Spoon about 1 heaping teaspoon filling into each mushroom cap.
9. Mix remaining **panko** and Parmesan. Lightly press onto tops of mushrooms and **spray lightly with oil**.
10. **Bake 18–22 minutes** until mushrooms are tender and tops are well browned.



NOTES

- Shiitake stems are too fibrous for the filling but may be used for stock.
- Walnuts must be finely chopped to avoid greasy or crumbly filling.
- This recipe requires high heat for browning; do not reduce oven temperature.
- Can be assembled 1 day ahead and baked just before serving.
- Freeze unbaked only; thaw completely before baking.

APPROXIMATE NUTRITION

Per mushroom cap:

Kcal: 70 | Protein: 3 g | Fat: 5 g | Sat. Fat: 2 g | Carbs: 4 g | Sugars: 1 g | Fiber: 1 g | Sodium: 120 mg

Whole dish (16 caps):

Kcal: 1,120 | Protein: 48 g | Fat: 80 g | Sat. Fat: 32 g | Carbs: 64 g | Sugars: 16 g | Fiber: 16 g | Sodium: 1,920 mg