**Mushroom & Watercress Burgers.**
Serves 4

* 2 tbsp olive oil
* 2 tbsp balsamic vinegar
* 1 clove garlic, crushed
* 4 Portobello mushrooms, stalks trimmed
* 85g watercress
* 100g creamy low fat blue cheese such as Gorgonzola
* 4 small, sliced horizontally

To serve

Small handful mixed leaves, small red onion sliced and 4 tsp tomato relish (optional)

1. Mix the olive oil, balsamic vinegar and garlic together. Season with the salt and pepper
2. Pour the dressing over the mushrooms, turn to coat well.  Cover and leave to marinate for an hour, moving them around once or twice to make sure they’re fully coated.
3. Heat the grill and put the mushrooms on a shallow baking tray gill side down. Grill for 5 minutes, then turn and cook the other side for 2 minutes.
4. While they are cooking, put the watercress into a bowl and cover with boiling water, leave for 1 minute until wilted, drain well.
5. Once the mushrooms are cooked, fill each one with watercress and top with the cheese. Return to the grill along with the rolls, cut side up.
6. When the rolls are toasted and the cheese is bubbling, place a mushroom inside each roll to make the burgers and serve immediately with the mixed leaves, onion and tomato relish if desired.