

'ON THE SIDE' ZINGY MUSHROOMS



MINUTES TO PREPARE
5



MINUTES TO COOK
10



SERVES
2

INGREDIENTS

125g shiitake mushrooms, sliced
1 teaspoon sesame seed oil
2 large field (Portobello) mushrooms, peeled and sliced
2cm fresh ginger, peeled and finely sliced
2 cloves of garlic, peeled and finely sliced
1/4 medium-hot red chilli, finely sliced
2 teaspoons of tomato puree
2 tablespoons of water
1 teaspoon maple syrup (or honey)
Juice of 1/2 lime
2 spring onions, finely sliced
1 large handful of fresh coriander leaves, finely chopped

You will need a large frying pan.

LET'S GET COOKING

- 1 In a frying pan, heat the oil over a high heat. Add the mushrooms, garlic, ginger and chilli and cook for 10 minutes until the mushrooms soften.
- 2 Turn down the heat and continue to cook for a further 3 minutes.
- 3 Add the tomato puree, water, lime and maple syrup and stir well.
- 4 Taste and adjust the seasoning to your liking.
- 5 Add the spring onions and coriander and stir.

"Who knew mushrooms could be so delicious?! The chillies, tomato paste, lime and coriander bring on a Mexican style to this dish and they'll steal the show in any meal. You'll be pleased to hear that they are lovely and versatile too, meaning that any leftovers can make up part of another meal. Try them with scrambled or poached eggs for a spicy breakfast, or as a base layer over an open tart, or have them as a side with the pork chops with dukka (recipe on the website), or simply with half an avocado for a light lunch or healthy snack. A new firm favourite of mine, I'd love to hear what you think!"

Shiitake mushrooms are exceptionally good for you as they boost your immunity by making white blood cells. Even a small amount like this can make a real difference"