

*Taste is in our nature*



## **Shiitake mushroom and spring onion sauté**

Serves 2

*Shiitake mushrooms are meaty and highly flavoured so a little goes a long way.*

*The stalks are quite tough and need to be removed. They can be used to flavour stocks.*

*Although they are more expensive than button mushrooms you need fewer. Shiitake mushrooms have a slightly chewy texture even when they are cooked.*

*This dish is delicious just by itself or would marry well with a grilled steak, tasty sausages or stirred through stir fried cabbage.*

### **INGREDIENTS:**

- 100g fresh shiitake mushrooms
- 2 cloves garlic, crushed
- 1 teaspoon finely chopped dried chilli
- 2 teaspoons finely grated fresh ginger
- 2 tablespoons sliced spring onions
- 2 tablespoons lightly flavoured olive oil
- 1 teaspoon sesame oil
- 1 tablespoon water
- salt and freshly ground black pepper

### **DIRECTIONS:**

Cut the stalks from the mushrooms and discard.

Slice the mushrooms thinly.

In a medium sized frypan heat the olive oil and sesame oil over a medium heat.

Add the garlic, ginger and chilli.

Cook until the garlic just starts to lightly colour.

Add the sliced shiitake and toss through the oil.

Stir in the water, reduce the heat and cook over a low heat until the mushrooms are tender.

You may need to add a splash more water.

Check for seasoning and add salt and pepper as required.

Stir in the spring onions and serve.

*Tassie mushrooms are  
mushroomier.*

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