




### Product Spotlight: Enoki Mushrooms


Enoki mushrooms have a mild fruity taste. They are an excellent source of B-complex vitamins and many other essential minerals while being low in calories.



## K2 Pulled Mushroom Tacos

Take a short trip to Mexico with these tacos. Enoki mushrooms cooked with smoked paprika and topped with shredded carrot, pickled shallot and smoked gouda nut cheese.

 20 minutes

 2 servings

 Plant-Based

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## A little extra!

*You can add some sliced tomato, avocado or corn to this recipe if desired. Also spice it up with some pickled jalapeño or fresh sliced chilli.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 27g **CARBOHYDRATES** 95g

## FROM YOUR BOX

SHALLOTS	2
ENOKI MUSHROOMS	360g
CARROT	1
SMOKED GOUDA	1 packet (150g)
MESCLUN LEAVES	1 bag (60g)
CORN TORTILLAS	8-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, maple syrup, white wine vinegar

## KEY UTENSILS

2 x large frypans

## NOTES

Tortillas can be warmed in a sandwich press. Keep warm by wrapping in a fresh tea towel until serving.



### 1. PICKLE THE SHALLOTS

Slice 1 shallot and place into a non-metallic bowl. Mix with **1/2 tbsp vinegar**, **1/2 tsp maple syrup** and **1/4 tsp salt**. Mix well and leave to the side.



### 2. PREPARE MUSHROOMS

Cut enokis from the growing base and gently separate. Slice remaining 1 shallot.



### 3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **oil**. Add sliced shallot along with **1 tbsp smoked paprika** and **1 tbsp ground cumin**. Cook for 1 minute before adding mushrooms and **1/4 cup of water**. Cook for 5-8 minutes.



### 4. PREPARE THE TOPPINGS

Grate carrot and cheese.

Arrange on a plate with mesclun leaves.



### 5. WARM THE TORTILLAS

Heat a second frypan over medium heat. Warm tortillas in batches according to packet instructions. Keep warm until serving (see notes).



### 6. FINISH AND SERVE

Season mushrooms with **salt**, **pepper** and a little **maple syrup** if needed.

Drain pickled shallot and arrange all components on a platter. Serve at the table.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

