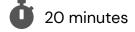




# **Pulled Mushroom Tacos**

A clever way to prepare these mushrooms. Shredding the stems to give you a lovely smokey, shredded filling for these tacos. Topped with coleslaw, pickled onion and smoked gouda nut cheese.







# A little extral

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.

TOTAL FAT CARBOHYDRATES

32g

18 February 2022

66g

#### FROM YOUR BOX

RED ONION	1
KING OYSTER MUSHROOMS	400g
RED CAPSICUM	1
SMOKED GOUDA	1 packet (150g)
COLESLAW	1 bag (500g)
CORN TORTILLAS	12-pack

#### FROM YOUR PANTRY

oil for cooking, olive oil, 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 ONION

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



### 2. PREPARE MUSHROOMS

Cut caps from mushrooms and finely slice. Using a fork shred the mushrooms downwards by pushing fork into stems and dragging down. Repeat, rotating the mushroom until it is all shredded then pull apart with fingers.



### 3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with oil. Add sliced onion along with 1 tbsp smoked paprika and 1 tbsp ground cumin. Cook for 1 minute before adding mushrooms and 1/2 cup of water. Cook for 5–10 minutes.



## 4. PREPARE THE TOPPINGS

Slice capsicum and grate cheese.

Tip coleslaw into a bowl and toss with 1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.



# 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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



