




### Product Spotlight: King Oyster Mushrooms


The king oyster mushroom, also known as the king trumpet, is an edible mushroom with a large, thick stem and small cap. It's the biggest, softest, and meatiest of the oyster mushroom species



## K4 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.

 20 minutes

 4 servings

 Plant-Based

18 February 2022

## 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** 32g **TOTAL FAT** 18g **CARBOHYDRATES** 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  $\frac{1}{2}$  into a non-metallic bowl. Mix with **1 tbsp vinegar**, **1 tsp maple syrup** and  **$\frac{1}{2}$  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  **$\frac{1}{2}$  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**,  **$\frac{1}{2}$  tsp 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

