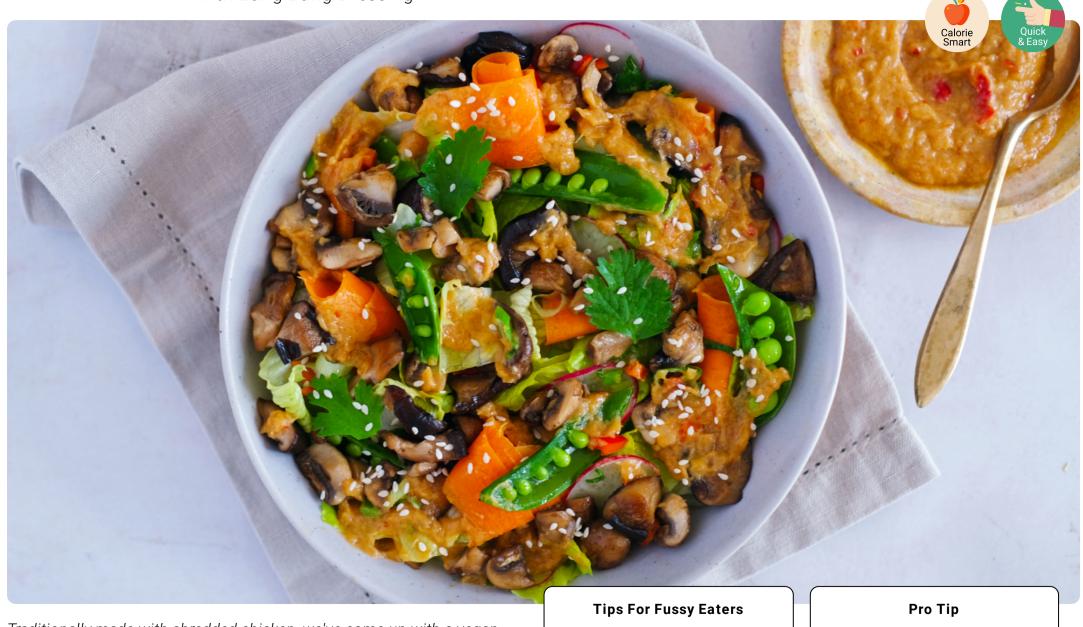
Mushroom Salad

with Bang Bang Dressing



Traditionally made with shredded chicken, we've come up with a vegan version that subs in two types of mushrooms!

Cooking Time: 20 min | Dairy-Free Cals 355 | Prot 17 | Carbs 44 | Fat 19

Don't add the raw garlic to the dressing if you find the taste too punchy.

Simmer the dressing for a couple of minutes to make it more flavoursome!

Ingredients For 2 For 3 For 4

Salad

Vegetable oil	1	1	2	Tbsp
Chestnut mushrooms	250	500	500	Grams
Shiitake mushroom	200	200	400	Grams
Soy sauce	20	30	40	ML
Red radish	125	125	250	Grams
Spring onion	40	60	80	Grams
Romaine lettuce	300	400	600	Grams
Carrot	1	1	2	Piece
Sugar snap peas	100	150	200	Grams
Large red chilli	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Cucumber	1	1	2	Piece
Sesame seeds	10	15	20	Grams
Dressing				
Cocomo oil	15	22	20	N //I

Sesame oil	15	22	30	ML
Soy sauce	20	30	40	ML
Sweet chilli sauce	40	40	60	ML
Ginger	30	45	60	Grams
Garlic cloves	1	1	2	Piece
Peanut butter	30	45	60	Grams
Rice vinegar	15	22	30	ML
Water	20	30	40	ML



1 Fry mushrooms

Heat a large pan over a mediumhigh heat with a drizzle of **vegetable** oil. Once hot, tear the **chestnut** and **shiitake mushrooms** into the pan. Fry for 5-7 min until starting to crisp. Once starting to crisp, add the **soy sauce**, cook for 30 sec further and remove from the heat. Transfer to a plate and refrigerate.



4 Assemble

Tumble all of the prepared vegetables in a serving bowl, top with the cooled **mushrooms**, drizzle with the **bang bang dressing** and finally garnish with the **sesame seeds**.



2 Prep vegetables

Slice the **radishes** finely. Trim and slice the **spring onions**. Shred the **romaine lettuce**. Peel the **carrot**, then peel it into ribbons with a peeler. Slice the **sugar snap peas** in half. Finely slice the **red chilli**. Chop the **coriander** leaves roughly. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks



3 Make dressing

Peel and grate the **ginger**. Peel and mince the **garlic**. Add the **ginger**, **garlic**, **peanut butter**, **sesame oil**, **sweet chilli sauce**, **soy sauce** and **rice vinegar** to a jug with a splash of cold **water**. Whisk until fully combined - this is your **bang bang dressing**.



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