



SAUTEED MUSHROOMS AND GARLIC

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 20

Serves: 2-4



INGREDIENTS

- ¼ cup olive oil
- 375g sliced small mushrooms
- 4 cloves garlic, crushed (or 4 tsp crushed garlic)
- 1 tsp pink rock salt
- ½ tsp ground black pepper
- 1 tbsp sriracha sauce (optional)
- Chopped chives to serve

METHOD

- Heat oil in frying pan to medium high.
- Add all ingredients (except chives) and fry for 15-20 minutes while stirring.
- Leave lid off, this will reduce liquid, and fry up more with the oil.
- Dish up, and sprinkle with chopped chives.