



ENOKI MUSHROOM PANCAKES

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15 mins

Serves: 6



INGREDIENTS

- 5 large eggs, beaten
- 350g pack enoki mushrooms
- 1/2 cup potato flour
- 1 tsp smoked paprika
- 1 tbsp sesame oil
- 1/4 cup diced onion
- 1/4 cup finely diced red capsicum
- 1 tsp jalapeno sauce
- 1 tbsp chopped coriander
- 1/2 tsp pink rock salt
- 1/4 tsp black pepper
- Coconut oil or other oil to cook

METHOD

- Remove the woody stems, rinse and roughly separate the main cluster of mushrooms.
- Chop roughly and place into a bowl with potato flour and sesame oil, toss to mix.
- In a large bowl add all other ingredients EXCEPT OIL, and stir well.
- Add the mushrooms and mix to combine.
- Heat 1/4 cup oil in frying pan to medium high.
- Spoon tablespoons of mushroom mixture into pan and cook until golden.
- Turn and repeat for other side, stir mixture to keep even ingredients.
- Add more oil as needed, and cook all pancakes.
- Serve hot or cold.