

Sauteed mushrooms



Sautéed mushrooms

For 2-3 servings:

500 g mushrooms, quartered

2 tablespoons oil, preferably olive oil but not cold pressed

3-4 cloves of garlic, mashed

parsley, finely chopped

1-2 cm fresh ginger, grated (optional)

salt and pepper, to taste

Fry the mushrooms for approx. 6-7 minutes, stirring occasionally until the moisture evaporate. Add the rest of the ingredients and continue cooking for another 2-3 minutes.

Serve with [polenta](#), grilled tofu, [seitan](#) etc.