

Sauteed mushrooms salad



For 2-3 servings:

1 lettuce
2 tomatoes, diced
1-2 cucumbers, diced
1 sweet pepper, diced
2 green onions (or 1 red onion/shallot), finely sliced
300 g mushrooms, quartered or sliced
4-5 garlic cloves, finely chopped
parsley, finely chopped
2-3 tablespoons balsamic vinegar / lemon juice
1-2 tablespoons hemp seeds (optional)
2 tablespoons oil
salt and pepper, to taste

Stir fry the mushrooms for about 6-7 minutes in oil, until the moisture evaporates. Add the garlic, salt and pepper to taste and cook for another few minutes.

In a large bowl prepare the salad mixing all the vegetables and season with vinegar/lemon juice. Add the mushrooms on top.