

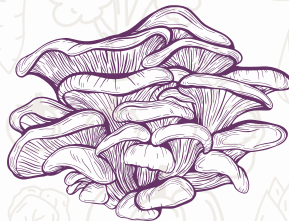
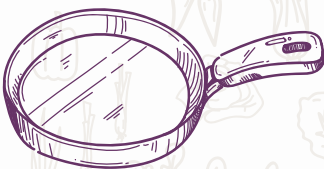


GARLIC OYSTER MUSHROOMS ON TOAST

By Wyreside Mushrooms

- 150-200g of oyster mushrooms
- 1 tbsp butter or vegan alternative
- Salt, pepper
- 1 clove of garlic
- Wholegrain toast

1. Tear your mushrooms into small pieces, going with the grain of the fibre, especially the stalk as this will make it less chewy once cooked.
2. Melt some butter in a pan, add the mushrooms and season with salt.
3. Fry for 5 minutes, then add one clove of crushed garlic and season with pepper. Continue to fry until browned and crispy. This can take another 5-7 minutes.
4. Prepare your toast and serve the mushrooms with a garnish of fresh parsley. Enjoy!



Find more local food recipes and a calendar of what's in season in North Lancashire:

foodfutures.org.uk/cooking



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