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Mushroom Lovers CLUB



JAPANESE PORK TERIYAKI WITH MUSHROOMS

Marinate early and this becomes a quick and simple weeknight meal with wonderful Asian-inspired flavours.

Prep Time: 3 hrs. | Cook Time: 5 mins.

INGREDIENTS

45ml (3 tbsp) teriyaki sauce
60ml (4 tbsp) red wine
30ml (2 tbsp) stock
450g (1 lb) mixed mushrooms (oyster, shiitake)
450g (1 lb) lean pork fillet, cut into thin slices
A bunch spring onions, finely shredded
15ml (1 tbsp) sesame seeds, toasted

To serve: 250g pkt egg noodles

METHOD

Mix teriyaki, red wine and stock together in a large bowl. Halve the larger mushrooms. Put pork and mushrooms into marinade and mix well. Cover and leave for 3 hours, stirring occasionally.

Transfer into a large saucepan with the juices. Cover and cook over a high heat for about 5 minutes, stirring occasionally. Stir in spring onions and cook for a minute. Lift out pork and vegetables and keep warm. Reduce liquid by boiling rapidly to about 90ml (6 tbsp).

Meanwhile cook noodles according to pack instructions. Put noodles in bowls, top with pork and mushrooms. Pour liquid over and scatter on sesame seeds.

Serves 4

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