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Mushroom Lovers CLUB

KING OYSTER MUSHROOM FAJITAS

by *Living Lou*

Prep Time: 15 mins. | Cook Time: 30 mins.

While you could also use portabella mushrooms to make a delicious fajita, I've found that the king oyster mushroom is a great replacement for chicken or beef in this classic Mexican dish.

INGREDIENTS

3 tbsp canola oil, divided
1 small red bell pepper, sliced
1 small yellow bell pepper, sliced
1 red onion, sliced
2-200g pkg. sliced king oyster mushrooms, thinly sliced
¼ tsp each cumin, chili powder, oregano and salt
Fajita toppings
(cheese, salsa, sour cream, avocado, cilantro etc.)
Tortillas

METHOD

Heat an extra large non-stick frying pan over medium-high heat. Add 1 tbsp canola oil then bell peppers and onion. Cook until softened, about 10 minutes. Remove to a plate and tent with foil.

Add remaining 2 tbsp canola oil, then mushrooms. Cook until caramelized, stirring occasionally, about 15 minutes. Add spices and salt, cook another 3 minutes.

Serve mushrooms with peppers and onion and other fajita toppings.

Serves 4

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RECIPE

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