



Cheeky little mushrooms



At Soy Oi we love mushrooms. They can be eaten on their own, as a side dish or they can really be the star of the show! We're always looking to cook them in different ways. This recipe is a quick little cook which we think you'll love!

What you'll need:

Frying pan, Wooden spoon, measuring spoons, sharp knife

Ingredients

- 8 mushrooms quartered
- 1tbsp chilli oil
- 1tbsp vegetable oil
- 1tbsp sesame seeds
- $\frac{1}{2}$ tbsp cumin seeds
- 1tbsp coriander finely chopped
- 1tsp sea salt

Method

1. Heat oil in the pan and toast the cumin and sesame seeds for two to three minutes.
2. Add the mushrooms and salt and stir well to make sure the mushrooms are covered with the seeds.
3. Allow the mushrooms to cook for about seven to eight minutes until the mushrooms are softening.
4. Add the coriander ten seconds before removing and mix well.
5. Enjoy them on their own as a snack or accompanying your favourite dish!

*Don't forget to send us your pictures of any recipes you try from our website so we can feature them on our Instagram page [soy_oi_](#)
Send the pictures to info@soyoi.co.uk*