

Mixed Mushrooms with Garlic and Chives

Calories: 793 kcal

Servings: 1

Time: 15 Mins

Ingredients

- 1.00 tbsp Apple Cider Vinegar
- 1.00 tsp Butter
- 1.00 tbsp Chives (fresh, chopped)
- 35.00 g Fat mushrooms (sliced)
- 1.00 tbsp Flaxseed Oil
- 1.00 clove Garlic
- 35.00 g Oyster mushrooms (sliced)
- 40.00 g Red Onions (thinly sliced)
- 35.00 g Shiitake Mushrooms (sliced)
- 35.00 g Swiss brown mushrooms (sliced)

Instructions

1. Melt butter in a non-stick pan, fry garlic, add mushrooms and stir-fry until mushrooms are soft.
2. Combine vinegar, oil, red onion and chives, pour over mushrooms and toss gently to combine.