

# MUSHROOM TACOS

## ROASTED MUSHROOMS

- 680g oyster or other mushrooms, roughly torn
- 2 cloves of garlic, crushed
- 3 tbsp soy sauce
- 4 ½ tsp honey
- 7tbsp 105 ml olive oil
- Salt

Preheat the oven to 425°F/200°C fan. Line two deep rimmed baking sheets with parchment paper.

In a large bowl, mix the mushrooms with the garlic, soy sauce, honey, 5 tbsp/ 75ml of the olive oil, and ¾ tsp salt. Add any ground spices you may like at this stage too.

Transfer the mushrooms to the prepared baking sheets, spread out as much as possible, and roast for 20 minutes. Combine all the mushrooms on one sheet, mix well, and continue to roast for another 8 minutes, until crisp and browned. You can also grill them on a hot BBQ/ griddle pan/ hot plate.

## QUICK PICKLED RED ONION

- 1 red onion, peeled, thinly sliced and cut into wide matchsticks
- 4 ½ tsp lime juice
- ¼ tsp table salt

In a small serving bowl mix together the onion, lime juice, and salt and set aside.

## GUACAMOLE

- 1 avocado, mashed
- Juice of one lime
- 1 clove minced garlic (small clove)
- ¼ tsp table salt
- ¼ tsp white pepper (brings out fruitiness of avocado)

## EXTRAS

- Lettuce and herbs - pick from garden
- Feta - whip until creamy (for crumbly feta simply crumble and pop into small bowl to serve)
- Cheddar cheese - grated
- Roast pumpkin