

PICKLED MUSHROOMS



SERVING SIZE

2



INGREDIENTS

ITEM

Mushrooms, Small
Fresh Parsley, Chopped
Garlic Clove, Finely Chopped
Red Shallot, Small
Olive Oil

QUANTITY

4 Cups
1 Tbsp.
1
½
1 Tbsp.

ITEM

Apple Cider Vinegar
Dried Oregano
Chilli Flakes
Salt

QUANTITY

1 Tbsp.
1 Tsp.
1 Tsp.
To Taste



PREPARATION

- Heat the olive oil in a skillet over medium heat.
- Add the mushrooms and saute for about 5-7 minutes or until they become tender and start to brown.
- Add the chopped garlic and red shallot to the skillet with the mushrooms. Saute for an additional 2-3 minutes until the garlic and shallot become fragrant.
- Sprinkle the dried oregano, chili flakes, and a pinch of salt over the mushroom mixture. Stir well to evenly distribute the seasonings.
- Pour in the apple cider vinegar to deglaze the skillet. Stir to combine, scraping up any flavorful bits from the bottom of the pan.
- Remove the skillet from heat and let the mushroom mixture cool down slightly.
- Once cooled, add the chopped fresh parsley to the mushrooms and gently toss everything together. Adjust the salt and seasonings to your taste.
- Transfer the pickled mushrooms to an airtight container and refrigerate for at least 2 hours, allowing the flavors to meld.
- Serve your pickled mushrooms as a tasty appetizer, side dish, or garnish for salads and sandwiches.