



# Shiitake Mushroom, Onion and Pak Choy Mix

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## Ingredients

- 1 onion
- 300 gm Shiitake Mushrooms
- 200 gm Baby Pak Choy
- 1 tsp crushed garlic
- salt and pepper
- 2 tbsp olive oil
- 2 tbsp Braggs Coconut Aminos or Liquid Aminos

## Instructions

- Slice onions in quarters and slice or dice if preferred. Halve and slice mushrooms and slice Baby Pak Choy across right down to base of stem.
- Fry the onions in the oil until translucent, using a dash of water if it gets sticky. Use this tip when you add the mushrooms to avoid using too much oil.
- Next add the garlic, salt and pepper. Keep stirring and don't allow garlic to burn. Add dash of water if necessary.
- Next add the mushrooms and stir. Add a little water at this point. Mushrooms are like sponges for oil and water. Keep stirring and add the Coconut Aminos, these add a nice savoury flavour. Keep stirring. You can turn down the heat.
- Add the Pak Choy and stir to combine.
- Taste to test seasoning and stir for a further 5 minutes until Pak Choy is tender.

Shiitake Mushrooms have many health benefits: boost immunity, promote heart and gut health. They are a good source of fibre and prebiotics that feed beneficial gut bacteria and improve digestion. They are also nutrient rich with Vitamin B, Vitamin D and other minerals. This combination packs a punch with fibre and goodness. Eat on its own as a side dish. Add it to stir fries and it's perfect to add to an omelette in the morning with a little grated cheese.