



## 'The Vegan One'

Kirly-Sue | May 2023

# Jamaican Style Pulled Mushrooms



## How to Make... Kirly-Sue's Jamaican Style Pulled Mushrooms

# Ingredients



Kirly-Sue (aka Susanne Kirlew) is a vegan chef, award winning published author, content creator & TV presenter. Kirly-Sue was named as one of the Top 100 in the Lift Effects Star Awards!

- 4 large king oyster mushrooms
- 3 tbsp cornflour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 inch piece ginger finely minced
- 2 spring onion / scallions chopped
- pinch of salt + pepper
- 2 tbsp sesame oil
- 2 garlic cloves
- 2 tbsp coconut aminos
- 4 tbsp water
- 4 tbsp brown sugar
- 1 tbsp tahini



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### Method

- Shred the oyster mushrooms gently with a fork then rip them into strips with your hands, don't rip them too small.
- Coat with the cornflour, onion, and garlic powder then fry in hot oil until crispy, transfer to a wire rack or paper towel to remove excess oil.
- Fry the minced garlic in the sesame oil for a few minutes before adding the coconut aminos, water and sugar then stir and bring to a quick boil to combine.
- Now stir in the tahini until everything turns into a smooth sauce.
- Add the pulled pieces and coat with the sauce.
- Serve with rice , sweet corn and steamed cabbage.

