

Recipe
Salad with marinated mushrooms



Ingrediënten:

Mushrooms

Grated carrot

Arugula

Olive oil (for frying)

Salt and pepper

For the dressing:

Garlic, sesame oil, Kikkoman soy sauce, honey, balsamic vinegar, mustard

Optional:

Mozzarella, nuts, fresh herbs

Instructions

Briefly wash the mushrooms. Dry with a tea towel. Remove the tip of the stem. Cut into large pieces (quarters or halves).

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Make the dressing for the mushrooms:

*Clean the garlic cloves and cut into thin slices.

* Combine in a bowl (large enough to fit all the mushrooms):

- 1 part sesame oil

- ½ part vinegar

- ¼ part Kikkoman

- ¼ part honey & some mustard

Stirr & Taste! Is it too salty, too sweet, too sour, too fatty? Add more as desired.

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Put some butter or oil in the pan. As soon as it is hot, fry the mushrooms until slightly cooked. The mushrooms can then be added to the dressing immediately. Toss to combine.

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Clean the arugula, if necessary. Take a large bowl and roughly break the leaves. Mix the grated carrot through this. Optionally add the fresh herbs.

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Assemble the salad. First the arugula and carrot. Top with the mushrooms and dressing, and finally the extras such as mozzarella or nuts.

For 7 people:

- 1 bag of arugula
- 2 cloves of garlic
- 2 bags of grated carrots
- 1 package of mushrooms
- 3 small mozzarellas