

King Oyster Mushroom Scallops with Minty Green Peas

Swick

Serves 1 | Active Time: 25 minutes | Total Time:

Chef's Notes

On a budget?

You can use the caps of the mushrooms here as well. They won't look like scallops, but will taste just as good. Or save the caps for another recipe. They are great in ramen, or on top of pasta dishes and salads

Choose budget-friendly but pretty ingredients to decorate your plate.

Nutritionals:

Calories 255 | Total Fat 15.2g | Saturated Fat 1.8g | Cholesterol 0mg | Sodium 1591mg | Total Carbohydrate 19.8g | Dietary Fiber 6.1g | Total Sugars 5.8g | Protein 5.6g | Calcium 77mg | Iron 3mg | Potassium 302mg |

Step 1: Make the Dish

- 4 king oyster mushrooms
- 1/4 cup of white wine
- 1/2 cup of vegetable broth
- 2 tbsp crumbled nori or kelp
- 1.5 tbsp neutral-tasting vegetable oil
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1/2 tbsp mushroom sauce
- 1 tsp miso
- 1 tbsp vegan butter
- Salt and pepper to taste
- FOR THE GREEN PEAS:
- 2 cups of fresh or frozen green peas
- 2 tbsp olive oil
- 1 clove of garlic
- 1/2 cup of fresh mint leaves
- 1 lime, juiced
- pinch of chili flakes
- Salt and pepper to taste
- Garnishing options: fresh or frozen green peas, edible flowers, herbs or microgreens, nuts or seeds, lava salt

Slice mushroom stems into 1 inch/2.5 cm thick pieces. You should get 3-4 pieces per mushroom. Score the tops crosswise on both sides. Save the mushroom caps for another recipe.

For the marinade mix together white wine, broth, algae, oil, vinegar, soy sauce, mushroom sauce, miso, and a pinch of salt and pepper. Add mushroom pieces, then marinate them for at least 15 minutes, but preferably overnight.

Heat up the butter in a large pan. Add mushrooms, flat sides down, and sear for 3-5 minutes on both sides, until edges are crisp and golden.

Meanwhile blanch green peas, then transfer to a blender or food processor with oil, garlic, mint leaves and lime juice. Process until smooth and creamy, then season to taste with chili, salt, and pepper.

To serve spoon green pea puree onto a plate, then add scallops, and decorating elements.