

Mustard Greens Salad with Smoky King Oyster Mushrooms

Ingredients

- 3 king oyster mushrooms
- 1 tbsp. soy sauce
- 1 tbsp. mirin
- ½ tsp. apple cider vinegar
- ¼-1/2 tsp. smoked paprika
- Olive oil, for cooking
- 1 large bunch of mustard greens
- ½ tsp. salt
- 1 tbsp. sesame oil
- ½ bell pepper
- 1 cup chopped purple cabbage
- 1 shallot
- 1 tbsp. sesame seeds

For the Dressing:

- ¼ cup tahini
- 1 lime, juiced
- 1 tbsp. sesame oil
- 2 tsp. maple syrup
- 2 tsp. soy sauce

Steps

1. Prepare your king oyster mushrooms by cutting off the bottoms and caps, and then cutting the stems into ½- ¼ inch thick mandolins. I cut in “S” shape into mine, but you can also keep them full or cut into half circles, whatever you prefer. In a mixing bowl, add the soy sauce, mirin, apple cider vinegar, and paprika, stir together, and then add the mushrooms, tossing so they are all coated. Set aside, and let sit for at least five minutes, stirring occasionally.

2. While the mushrooms are marinating, wash your mustard greens and spin or pat dry. Remove the leaves from the stem, tear into bite-sized pieces, and place in a large mixing bowl. Add salt and sesame oil and massage for 2-3 minutes, until the leaves have softened.



3. Chop the bell pepper into small cubes. Finely chop the cabbage, and finely dice the shallot.

4. Make the dressing by adding all the dressing ingredients in a blender and blend. Add water, 1 tablespoon at a time, until you've reached your desired thickness. If it does get too thin, you can add a little more tahini to thicken again.

5. Heat some olive oil in a large skillet, and add the king oyster mushrooms along with any remaining marinade. Cook until most of the liquid has evaporated, and flip each mushroom over, cooking until you get a sear on the other side. To serve, top massaged mustard greens with cabbage, bell pepper, shallot, king oyster mushrooms, tahini dressing, and a sprinkle of sesame seeds.