

## Asian-style sticky mushrooms



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Preparation 15 mins | Cooking 15 mins | Serves 4 as a side dish

These tasty mushrooms are delicious served with brown rice for a light 'meatless' main meal.

- ¼ cup brown sugar
- 2 garlic cloves, finely chopped
- 1 tbs hoi sin sauce
- 2 tbs oyster sauce
- 2 tbs orange juice
- 2 star anise
- 600g mixed large mushrooms\*
- Coriander leaves, to serve

*\*Use a mix of Portobello flats, large cups and large oyster mushrooms*

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Line the base of a large heavy-based roasting pan with baking paper.

**STEP 2** Combine brown sugar, garlic, sauces, orange juice and star anise in a large bowl.

**STEP 3** Cut mushrooms into about 5-6cm pieces. Add to brown sugar mixture. Gently toss to combine. Spoon mushroom mixture into roasting pan. Roast, turning once, for 15-20 minutes until glossy and just tender. Top with coriander leaves and serve.

### Good for you... **MUSHROOMS**

*Fresh mushrooms have virtually no fat, are low-in kilojoules, and are a good source of several B vitamins as well as potassium and selenium.*

