

King Oyster Mushroom "Scallops"

Yield: 12 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/king-mushroom-recipe-chinese>

Ingredients:

- 4 king oyster mushrooms rinsed and cut into 1 - 1½" sections, I got about 4 pieces from each stem
- 1 cup vegetable broth
- 1/4 cup white wine
- 1 tablespoon vegan butter
- 2 cloves garlic minced
- 1 shallot minced
- 4 ounces gluten free pasta uncooked, approx. 2 c. cooked, cook according to package
- 1 cup vegetable broth
- 1/4 cup white wine
- 1 clove garlic minced
- 1/2 cup fresh tomatoes
- 2 tablespoons sun dried tomatoes
- 1/4 cup fresh parsley finely chopped
- 1 tablespoon red pepper flakes

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 10 grams
3. Fiber: 1 grams
4. Protein: 2 grams
5. Sodium: 170 milligrams
6. Sugar: 1 grams

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