

Fresh Lion's Mane mushroom

Yield: 4 min
Total Time: 14 min

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

Ingredients:

- 8 ounces mushroom Lion's Mane
- 1 egg or flax egg
- 1/2 cup panko breadcrumbs
- 1/4 cup onion finely diced
- 1 tablespoon mayonnaise or vegan mayonnaise
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon Old Bay Seasoning
- 1 teaspoon Dijon mustard
- 1 tablespoon parsley finely chopped
- 1/4 teaspoon salt to your taste
- 1/4 teaspoon black pepper
- 3 tablespoons oil to fry cakes
- 2 lemon wedges optimal garnish:, optional
- tartar sauce Quick
- 1/4 cup mayonnaise or vegan mayonnaise
- 1 tablespoon dill pickle relish
- 1/4 teaspoon Old Bay Seasoning

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 60 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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