



OYSTER MUSHROOMS & AVOCADO ON TOAST

Oyster Mushrooms (50 Gms) - sliced
2 cloves garlic, minced
2 spring onions (chopped)
Salt and black pepper
Seasoning

Stir fry sliced oyster mushrooms with clarified butter, add salt, black pepper & seasoning
Scoop out avocado, mash it and spread on whole wheat toast
Put stir fried oyster mushrooms on top



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