



PORTOBELLO MUSHROOM STIR FRY

1 tbsp Olive oil
4-5 pieces Dried Portobello
Mushrooms
1 cup diced vegetables of your choice
1 tsp fresh thyme, salt & ground
pepper
2 tbsp portobello extract
2 tsp apple cider vinegar

Dip 4-5 Dried Portobello Mushroom in a bowl of water for 1 hour to rehydrate
Remove mushrooms from the water & slice them. Mix these with vegetables, olive oil, salt, thyme, pepper & 1 tbsp portobello extract
Cook for 15min in the air fryer at 180 degrees
Once vegetables & mushrooms are cooked well, take out in a serving pan & garnish with remaining portobello extract



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