

Lion's Mane Mushroom Sandwich

SERVINGS
2-4

PREP TIME
5 MIN

COOK TIME
10 MIN

TOTAL TIME
15 MIN

Fresh Lion's Mane Mushrooms sautéed to perfection with soy sauce and garlic, tucked between toasted mini French loaf buns and drizzled with a delightful vegan simple sauce.



ORGANIZING
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Ingredients

Directions

1

•8-12 oz Fresh Lion's Mane Mushroom

- Gently run mushroom under water to remove any debris.
- Remove stem and cut into ¼ inch (or smaller) slices.

2

•2 Tbsp Olive Oil
•2 to 3 Tbsp Vegan Butter

- In large sauté pan over medium heat, melt oil and butter. Be careful not to brown or burn the butter.
- Once melted and slightly bubbling, add the sliced mushrooms to the pan in a single layer.
- Cook this side for about 3-5 minutes until golden brown. While cooking, don't move the mushroom so that it completely browns, but watch closely so they do not burn.

3

•1 TBSP Low Sodium Soy Sauce
•1 tsp Garlic Powder
•½ tsp Salt (To Taste)

- Flip each mushroom over and add soy sauce, garlic powder, and salt.
- Cook an additional 3-5 minutes on this side to a golden brown.
- Turn one more time, to sear in the spices, for 1 final minute.

4

•4 Mini French Loaf Buns
•1 TBSP v-Butter

WHILE MUSHROOMS ARE COOKING, PREPARE TOASTED BUN

- Open each bun and spread v-butter
- Toast bun to golden in air fryer or oven (roughly 4 min) at 400°

5

•3 TBSP Vegan Mayo
•Dollop of Horseradish (To Taste)

WHILE BUNS ARE TOASTING, PREPARE SIMPLE SAUCE

- Combine mayo and horseradish to taste.
- If you would prefer, you can omit the horseradish and spread a thin layer of vegan mayo on bun.

6

ASSEMBLE

- Spread a thin layer of the simple sauce onto each toasted bun.
- Add 2-3 mushroom slices (depending on size).
- Cover with bun top and enjoy.