

# Lion's Mane Mushroom Sandwich

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.



Prep Time  
5 mins

Cook Time  
10 mins

Total Time  
15 mins

 Servings: 4

## INGREDIENTS

### For Mushroom Prep

- 8 to 12 oz Fresh Lion's Mane Mushroom
- 2 tbsp Olive Oil
- 2 to 3 tbsp Vegan Butter
- 1 tbsp Low Sodium Soy Sauce
- 1 tsp Garlic Powder
- ½ tsp Salt (To Taste)

### For Sandwich Bun

- 4 Mini French Loaf Buns
- 1 (Additional) tbsp Vegan Butter

### For Simple Sauce

- 3 tbsp Vegan Mayo
- 1 Dollop Horseradish (To Taste)

## INSTRUCTIONS

### STEP 1: CLEAN & PREPARE MUSHROOMS

1. Gently run mushroom under water to remove any debris.  
**8 to 12 oz Fresh Lion's Mane Mushroom**
2. Remove stem and cut into ¼ inch (or smaller) slices.

### STEP 2: COOK SIDE 1 OF MUSHROOM

1. In large sauté pan over medium heat, melt oil and butter. Be careful not to brown or burn the butter.  
**2 tbsp Olive Oil, 2 to 3 tbsp Vegan Butter**
2. Once melted and slightly bubbling, add the sliced mushrooms to the pan in a single layer.
3. 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.

### STEP 3: COOK SIDE 2 OF MUSHROOM

1. Flip each mushroom over and add soy sauce, garlic powder, and salt.  
**1 tbsp Low Sodium Soy Sauce, 1 tsp Garlic Powder, ½ tsp Salt (To Taste)**
2. Cook an additional 3-5 minutes on this side to a golden brown.
3. Turn one more time, to sear in the spices, for 1 final minute.

### STEP 4: WHILE MUSHROOMS ARE COOKING, PREPARE TOASTED BUN

1. Open each bun and spread v-butter.  
**4 Mini French Loaf Buns, 1 (Additional) tbsp Vegan Butter**
2. Toast bun to golden in air fryer or oven (roughly 4 min) at 400°.

### STEP 5: WHILE BUNS ARE TOASTING, PREPARE SIMPLE SAUCE

1. 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.  
**3 tbsp Vegan Mayo, 1 Dollop Horseradish**

### STEP 6: ASSEMBLE SANDWICH

1. 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.