



Contact: 208-215-7700

<https://gsm.farm>

---

## **Mushroom Pulled Pork**

*Shred the king oyster mushrooms, season and spice then bake and create a vegan mushroom pulled pork that resembles the real stuff.*

### **Ingredients**

- 4 King Oyster Mushrooms
- 2 cloves of minced garlic
- 1 teaspoons smoked paprika
- ¼ tsp salt
- ¼ tsp cayenne pepper
- 2 tablespoons extra virgin olive oil
- ¼ cup BBQ sauce

### **Instructions**

1. First you will preheat the oven to 400 degrees. Clean the mushroom with a damp paper towel. Using 2 forks, shred the stems and caps roughly into pieces. Set them on parchment paper lining the baking sheet.
2. To bake, drizzle with 1 tbsp of olive oil, paprika, salt, cayenne and garlic. Toss around to coat the mushrooms, then bake for 20 minutes, or until the mushrooms are a bit crispy and brown on the edges.
3. Heat the 1 tbsp of EVOO in a large saute pan over medium high. Transfer the mushrooms to a pan and add the BBQ sauce. Stir and cook for 3 to 5 minutes or until the mixture is fragrant and thick. Then serve warm on a sandwich, salad or tacos.

***\*\*If you do not have King Oysters you can use regular oyster mushrooms. You will need 3 cups of mushrooms to make this recipe.***