



Spiced mushrooms

Preparation time: 10 minutes + 15 minutes marinating time;

Cooking time: 5 minutes; Serves: 4 as light meal with rice

500g button mushrooms, whole or sliced 1/2 cup olive oil

1 tsp ground cardamom 1 tsp ground black pepper

1 tsp ground nutmeg 1 tsp ground cumin

1 tsp ground coriander 1 tsp ground turmeric

2/3 cup unsalted roasted peanuts, chopped

1. Place mushrooms into a large ceramic bowl.
2. Combine 1/3 cup oil, cardamom, pepper, nutmeg, cumin, coriander and turmeric in a small jug. Pour mixture over mushrooms and toss well to coat mushrooms in mixture. Set aside to marinate for 15 minutes.
3. Heat a wok over high heat until hot. Add remaining oil and mushrooms and stir-fry for 3-4 minutes or until golden and just tender.
4. Serve mushrooms on toothpicks with drinks or serve over steamed basmati rice with peanuts, yoghurt and fresh