



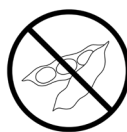
oil-free mushroom nuggets



nut-free



sugar-free



soy-free



oil-free



1-2 servings



30-40 min (10-20 min
prep + 20 min bake)

Ingredients:

200 g oyster mushrooms

100 g aquafaba

Crumb mixture:

60 g wholegrain bread crumbs

40 g wholegrain rice flakes

10 g nutritional yeasts

1 tsp dried oregano

1 tsp dried basil

2 tsp garlic powder

2 tsp onion powder

1 Tbsp sweet paprika powder

½ tsp dried thyme

½ tsp white pepper powder

½ tsp salt

Batter:

125 ml (½ cup) water

5 ml (1 tsp) liquid aminos (or low sodium
soy sauce)

35 g (¼ cup) chickpea flour

For serving:

vegan mayo/

bbq sauce/

ketchup

Important equipment:

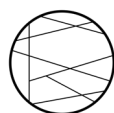
spray bottle to spray the aquafaba

Instructions:

1. If the oyster mushrooms you have are big, tear them into smaller pieces.
2. In one bowl mix all the crumb mixture ingredients.
3. In the second bowl mix all the batter ingredients.
4. Dip the mushrooms one by one in the batter making sure they are all covered and then placing them in the crumb mixture.
5. Place them on the baking tray lined with baking paper.
6. When you are done with all the mushrooms spray them generously with aquafaba and turn upside down, and spray the second side of the mushrooms.
7. Place in the oven and bake at 180°C/356°F on conventional settings for 10 minutes, then turn them upside down and bake for another 10 minutes.
8. Serve warm with vegan mayo, ketchup or bbq sauce. They also taste great with some lemon juice.

Notes & tips:

1. Aquafaba - aquafaba is a leftover liquid from cooking beans. I like to use the one from chickpeas. You can use the one from a jar/can or from beans cooked at home. When using canned, make sure the can is BPA-free. You can use oil if you want instead.
2. For a gluten-free option choose gluten-free breadcrumbs or nut meal (grounded nuts of your choice).



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