



GRILLED PORTOBELLO MUSHROOMS

Servings: 6

Ingredients

- 3 tablespoons low-sodium soy sauce
- 3 tablespoons brown rice syrup
- 1 tablespoon lemongrass, grated
- 1 tablespoon garlic, grated
- 1 tablespoon ginger, grated
- 1 tablespoon gochujang
- 6 large portobello mushrooms, stemmed
- 1 teaspoon sesame oil
- 1 teaspoon canola oil

Directions

Combine the soy sauce, brown rice syrup, lemongrass, garlic, ginger and gochujang in a small bowl and mix until combined.

Place the mushrooms stem side up in a baking dish. Pour the marinade over the mushrooms, cover and marinate for 2 hours in the fridge.

Heat the grill.

Pour off the excess marinade, reserving the liquid, and place the mushrooms on the grill. Grill each side for 4 minutes, brushing the mushrooms with the marinade every 2 minutes.

Remove the mushrooms from the grill and keep hot until ready to serve.

Serve with steamed brown rice and steamed broccoli.

