



VEGAN SHRIMP RECIPES

BY CHEF DAVE ROLLS, @CHEF4HEALTH

INGREDIENTS

- 4 organic king oyster mushrooms
- ¼ cup seaweed flakes or ½ sheet of nori
- 2 cup hot water
- 1 tsp garlic

INSTRUCTIONS

1. Wash mushrooms and trim off cap and base- save for later used in another dish.
2. Cut into ¼" disks and then into shrimp shapes. Apple Corer as seen here works great, It's going to have sauce on it, don't put to

Szechuan Sauce

¼ cup Sriracha

¼ cup soy sauce

much time into it.



3. Place in a quart jar or glass dish.
4. Bring 2 cups of water to a boil, remove from heat
5. Add seaweed and garlic to water to make "Sea Tea" let steep about a minute or so.
6. Strain seaweed tea over mushrooms in glass container.
7. Marinate 30 minutes
8. Remove and pat dry with a towel
9. To cook, sauté' in skillet medium low heat in vegan butter or light oil.

Pad Thai Sauce

¼ cup Sriracha sauce

½ cup chunky peanut butter

Juice of 1 lime

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