

Jerk spiced Portobello Mushrooms with Cauliflower Rice & Mango Salsa



1 serving

Portobello mushrooms

Ingredients

- 2 portobellos large, sliced into 3 or 4 chunky strips
- 2 tsp jerk seasoning (see recipe 'Jamaican Jerk Seasoning Blend')
- 2 tsp coconut oil, melted
- 1 clove garlic, finely grated
- 1 ginger thumb-sized piece, finely grated
- 2 tbsp tamari
- 2 tsp lime juice

Cauliflower rice

Ingredients

- 1 cauliflower, coarsely grated
- 2 tbsp olive oil
- 1 onion
- 2 thyme small sprigs, leaves only
- 1 pinch clove
- ¼ tsp himalaya salt
- 1 tbsp lime juice

Mango salsa

Ingredients

- 1 ripe mango, cubed small
- 1 tsp cilantro, finely chopped
- 2 tbsp red onion finely dices
- 2 tbsp lime juice
- 1 pinch (himalaya)salt

Instructions

1. Combine all the Portobello mushrooms marinade ingredients in a bowl, except the mushrooms (see part 'portobello mushrooms ingredients' and the recipe 'Jamaican Jerk seasoning blend').
2. Place the strips of mushroom in the marinade and leave them there for an hour.
3. Dehydrate at 46 degrees C / 105 degrees F for three hours. (If you don't have a dehydrator then just marinate them overnight before serving. In that case, bake the Portobello at 200 degrees for 15 to 20

minutes.)

4. Grate all ingredients from the 'cauliflower rice' part until rice-like.
5. Combine the 'mango salsa' ingredients in a bowl and serve with the mushrooms and rice.

Jamaican Jerk Seasoning Blend

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Makes ½ cup

Preparation 5 min.

Ingredients

- 1 tbsp garlic powder
- ¼ tsp cayenne pepper
- 2 tsp onion powder
- 2 tsp dried thyme
- 2 tsp agave syrup
- 2 tsp himalaya salt
- 1 tsp paprika
- ½ tsp black pepper
- ½ tsp ground nutmeg
- ¼ tsp ground cinnamon

Instructions

Combine all ingredients; store in an airtight container (up to 3 months)