

# KOREAN MUSHROOM & ASPARAGUS BOWL

Makes 2 servings

## Ingredients

1 TBS olive oil  
16oz mushrooms - baby bellas, shiitakes  
pinch of salt  
1 lb thin asparagus, cut into thirds  
1/8 C coconut sugar  
1/4 C coconut aminos  
1 TBS toasted sesame oil  
1/2 TBS minced ginger  
1 large garlic clove, minced  
1/2 tsp red pepper flakes (or more for extra spice)  
2 scallions, sliced thin  
Cooked brown jasmine rice - 1/3-1/2 C per serving



## Directions

1. In a bowl, combine sugar, aminos, sesame oil, ginger, garlic and red chili flakes, then set aside.
2. Heat 1 TBS olive oil in a saute pan and add mushrooms and a pinch of salt. Cook for 5-8 minutes, stirring occasionally until they cook down. Add asparagus for 3-5 minutes until crisp tender.
3. Stir in sauce and mix everything together, adding 1/4 tsp more sugar and 1 TBS aminos if you need more flavor (or extra red pepper flakes).
4. Serve with rice and garnish with scallions.