

# Balsamic Marinated Mushrooms

Our Balsamic Marinated Mushrooms are a fresh and flavourful plant-powered dish!

Level up your mushroom moment with **CanPrev's Myco10**, a super blend of 7 immune-boosting mushrooms and 3 powerful antioxidants. Each bite promotes better sleep, improved immune function and increased resistance to stress.



## Ingredients

### Mushrooms

- 2 ½ cups (240g) button mushrooms, washed and patted dry
- 3 garlic cloves, minced
- 1 tbsp extra virgin olive oil
- ½ teaspoon thyme
- Salt and pepper, to taste
- Red pepper flakes, to taste

### Marinade

- ¼ cup parsley, minced
- 2 tbsps balsamic vinegar
- 1 tbsp olive oil
- 1 teaspoon tomato paste
- 2 scoops Myco10



## Servings

3



## Prep Time

45 mins

## Directions

- 1) Preheat the oven to 350°F.
- 2) Slice the stems off the mushrooms and put both stems and tops in a bowl. Add spices, garlic, and olive oil, then mix well.
- 3) Spread the mixture on a parchment-lined baking tray and bake for 30 minutes, stirring halfway through.
- 4) While the mushrooms bake, prepare the marinade. In the same bowl, whisk together balsamic vinegar, olive oil, and tomato paste. Add Myco10 Mushroom Powder and whisk well.
- 5) Once the mushrooms are cooked, transfer them to a glass container with any remaining liquid and spices from the tray. Pour in the marinade and stir to combine.
- 6) Add parsley, stir again, and set aside (uncovered) to cool to room temperature. Marinate for at least a few hours, or cover and refrigerate for longer.
- 7) Enjoy these mushrooms in your favourite rice bowl or with roasted veggies and potatoes!



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Myco10



## Lena Tashjian

Lena is a nutritionist, writer, and recipe developer. She is the author of *The Vegan Armenian Kitchen Cookbook*, which focuses on healthy, authentic vegan dishes.