

Enoki Mushrooms with Garlic & Scallion Sauce

Fresh enoki mushrooms have finally made it to the mainstream in the US markets. Chinese call the Japanese named, enoki mushrooms, "golden needle mushrooms"



4.9 from 28 votes

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Course: Vegetables Cuisine: Chinese Servings: 4 Calories: 112kcal Author: Judy

Ingredients

- 14 ounces enoki mushrooms (400g)
- 2 tablespoons oil
- 2 cloves garlic (minced)
- 3 tablespoons light soy sauce
- ½ teaspoon sugar
- 1 scallion (finely chopped)

Instructions

1. Be gentle when handling these enoki mushrooms. Trim away about 1-inch of the root section. Use your fingers to tear the enoki mushrooms into small bite size bundles and line them up neatly. Rinse clean and drain.
2. Prepare a wok with boiling water, and blanch the enoki mushrooms in two batches, cooking each batch for about 1 minute. Drain off the water and transfer the mushrooms to your serving plate.
3. In a small saucepan, heat the oil over medium heat. Add the garlic, and cook for about 10 seconds (no need to brown the garlic). Now add the light soy sauce, sugar, and scallions. Bring the sauce to a boil, and turn off the heat. Don't overcook the garlic and scallions--we want that fresh and sweet taste! Slowly pour the sauce over the enoki mushrooms, and serve.

Nutrition

Calories: 112kcal | Carbohydrates: 10g | Protein: 4g | Fat: 7g | Saturated Fat: 1g | Sodium: 758mg | Potassium: 385mg | Fiber: 3g | Sugar: 1g | Vitamin A: 30IU | Vitamin C: 1.1mg | Calcium: 5mg | Iron: 1.5mg