

Better Vegan Marinated Portobello Mushrooms

Source: Better Vegan Category: Vegan Appetizers
Prep Time: 10 min Cook time: 20 min Marinating time: 2-3 hrs
Total Time: 2-3 hrs 30 min Serves 4 to 6



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Ingredients:

3 tsp. + coconut or avocado oil
2 large Portobello mushrooms, cut into 1/4 inch slices
1 garlic clove, minced
3 Tbsp. extra-virgin olive oil
3 Tbsp. balsamic vinegar
Pink Himalayan salt
Black pepper
Fresh parsley, finely chopped, for garnish

Recipe Link:

<https://www.betterveganrecipes.com/marinated-portobello-mushrooms>

Instructions:

1. Prepare the ingredients.
2. Heat 1 tsp. coconut oil in a medium size pan on a medium heat.
3. Working in batches, sauté Portobello mushrooms on each side until golden-brown, sprinkling each side with salt and pepper. For each batch add 1 tsp. coconut oil or a little bit more if the pan is really dry. Mushrooms will absorb a lot of oil.
4. Meantime, prepare the marinade. Put garlic, olive oil and balsamic vinegar into a medium-size bowl and whisk to combine.
5. Add sautéed mushrooms and toss well so the mushrooms are completely coated. Allow to marinate in room temperature for about 2-3 hours, tossing occasionally.
6. To serve, mound on a plate, drizzle with marinade and sprinkle with finely chopped fresh parsley.

Notes:

Store in an airtight container in a fridge. Bring to room temperature before serving.

Serving suggestion:

Serve with [Better Vegan Grain-Free Gluten-Free Bread](#) or as a side to a green salad.