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Marvellous Mushrooms 2

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One Pot Creamy Mushroom Orzo

6 servings

25 minutes

Ingredients

- 2 cups Water
- 16 Cremini Mushrooms (sliced)
- 1 tsp Sea Salt (divided)
- 2 1/2 cups Orzo (dry)
- 473 milliliters Unsweetened Rice Milk
- 340 grams Chicken Breast, Cooked (cubed)
- 2 cups Fresh Peas (or frozen)
- 1 cup Basil Leaves (roughly chopped)
- 1/4 cup Parmigiano Reggiano (grated)
- 1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	371
Fat	5g
Carbs	51g
Fiber	5g
Protein	29g
Calcium	186mg

Directions

- 1 In a large pot or Dutch oven, heat a splash of the water over medium-high heat. Cook the mushrooms until soft, about five to eight minutes, adding more water as needed to prevent sticking. Season with 1/3 of the salt.
- 2 Add the orzo, rice milk, chicken, peas, and the remaining water and salt. Bring to a simmer and cook uncovered, stirring occasionally for about 10 minutes or until the orzo is al dente. Add a splash of rice milk if more liquid is needed.
- 3 Stir in the basil and parmigiano reggiano. Divide into bowls and squeeze lemon juice overtop to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one to 1 1/2 cups.

Gluten-Free: Use brown rice pasta instead of orzo and adjust the water ratio and cooking time accordingly.

More Flavor: Sauté the mushrooms with minced garlic in oil instead of water.

Additional Toppings: Red pepper flakes, more parmigiano reggiano.

Make it Vegan: Use marinated tempeh, tofu, edamame, or black beans instead of chicken. Use nutritional yeast instead of parmigiano reggiano.

No Rice Milk: Use almond milk, dairy milk, oat milk, or coconut milk instead.



Mushroom & Herb Egg Muffins

6 servings

30 minutes

Ingredients

- 1 tbsp Butter (melted, divided)
- 15 Cremini Mushrooms (sliced)
- 2 tbsps Chives (finely chopped)
- 2 tbsps Basil Leaves (finely chopped)
- 1/2 tsp Sea Salt (divided)
- 8 Egg
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	123
Fat	8g
Carbs	2g
Fiber	0g
Protein	10g
Calcium	43mg

Directions

- 1 Preheat the oven to 350°F (176°C) and lightly brush the cups of a muffin tray with some of the melted butter.
- 2 Add the remaining butter to a large pan over medium heat. Add the mushrooms and cook for five to seven minutes until softened. Add the chives, basil, and half of the salt to the pan and stir to combine. Divide the mushroom between the cups of the prepared muffin tray.
- 3 Add the eggs, water, and remaining salt to a mixing bowl and whisk well. Pour the egg mixture into the muffin tray.
- 4 Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two egg muffins.

Dairy-Free: Use extra virgin olive oil or avocado oil instead of butter.

More Flavor: Use milk of choice instead of water. Add more fresh herbs.

No Cremini Mushrooms: Use another type of mushroom instead.



Mushroom & Cabbage Stir Fry

4 servings

20 minutes

Ingredients

113 grams Rice Vermicelli Noodles (dry, uncooked)
3 tbsps Avocado Oil (divided)
4 Egg (whisked)
6 Cremini Mushrooms (sliced)
3 cups Green Cabbage (thinly sliced)
2 tbsps Coconut Aminos
1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	303
Fat	16g
Carbs	30g
Fiber	2g
Protein	8g
Calcium	56mg

Directions

- 1 Cook the noodles according to the package directions. Set aside.
- 2 Heat 1/3 of the oil in a large pan over medium-high heat. Cook the eggs until set, stirring occasionally, about three to five minutes. Transfer to a bowl.
- 3 Heat the remaining oil and add the mushrooms, cabbage, coconut aminos, and salt. Cook until soft, about 10 minutes. Add a splash of water or more oil if needed.
- 4 Add the eggs and vermicelli into the veggies. Stir until well combined. Adjust salt as needed. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add ginger, garlic, onions, and/or sesame oil.

Additional Toppings: Top with sliced green onions, chives, parsley, or cilantro.

Make it Vegan: Use tofu instead of eggs.



Tofu Bibimbap

4 servings

30 minutes

Ingredients

425 grams Tofu (extra-firm, pressed, and cubed)
 2 tbsps Tamari (divided)
 2 tbsps Avocado Oil (divided)
 1 tbsp Arrowroot Powder
 1 cup Jasmine Rice
 2 1/2 cups Shiitake Mushrooms (stem removed, torn)
 6 cups Baby Spinach
 Sea Salt & Black Pepper (to taste)
 3 tbsps Gochujang
 1 1/2 tbsps Rice Vinegar
 2 tsps Coconut Sugar

Nutrition

Amount per serving	
Calories	415
Fat	13g
Carbs	64g
Fiber	6g
Protein	17g
Calcium	379mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a skillet over medium heat, add the remaining oil. Once hot, pour in the mushrooms and cook until softened, about five minutes. Add in the spinach and toss until wilted. Season with salt and pepper and set aside.
- 5 In a small bowl, whisk together the gochujang, remaining tamari, vinegar, and coconut sugar.
- 6 Divide the rice, tofu, and vegetables into a bowl. Drizzle the sauce over everything. Enjoy!

Notes

Leftovers: Store leftovers separately from the sauce and refrigerate for up to three days.

Serving Size: One serving is about 3/4 cup rice and 1 1/4 cup tofu and veggies.

Additional Toppings: Top with a fried egg, sesame seeds, or green onion.



Lentil Mushroom Loaf

10 servings

1 hour 5 minutes

Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	218
Fat	10g
Carbs	25g
Fiber	7g
Protein	9g
Calcium	43mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
- 2 In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
- 3 Add the flax seeds and water to a small bowl, stir and set aside.
- 4 Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
- 5 Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
- 6 Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

Notes

Leftovers: Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

Serving Size: One serving size is one slice.

Nut-Free: Use toasted sunflower seeds or omit the walnuts.

More Flavor: Use a mix of mushrooms such as shiitake and cremini.

No Coconut Aminos: Use tamari instead.