

Oil less Mushroom (It is easily digestible protein)

(acts like a water pill and also supports in cell regeneration in Liver and other organs)

Ingredients

- Mushroom-1 kg (cubed)
- Ginger-5inch piece
- Garlic Paste
1 full pod (all the pieces in the garlic)
- Green Chillis-3
- Coriander Leaves-1 fistful
- Mint Leaves-Half Fistful
- Lemon Juice As required



Preparation Guide

- Make a paste of all the spices and vegetables
- Smear this paste on the mushroom pieces and marinate it for 15 mins
- This can be cooked in two ways
- **Method 1**
Steam for 15 to 20 mins
- **Method 2**
Place the marinated mushroom in a tawa or griddle
- Add two spoons of water and cook the mushroom by pressing the pieces with a spoon and cook on all sides on medium heat for 15 to 20 minutes