



PULLED MUSHROOMS SUB

Ingredients:

- GreenVie Smoked flavour cheeze
 - Oyster mushrooms
 - Red onions
- Peeled cucumbers
- Sesame seeds
 - Sub bun
- Salt, pepper





instructions

Pull the mushrooms into small strips and grill in a pan with some salt and pepper.

Cook them until dark,

(it should take about 6-7 minutes).

Slice the bun in half and put the cheeze slice in-cook it under the grill until the cheeze melts.

Now add in the rest of the ingredients.

enjoy! 

recipe & photo credits @topfoodfacts





