



MUSHROOM SCALLOP CARBONARA

SERVES 2 OR 4
TIME: 30 MIN
CALORIES: 720/SERVING



This pasta dish takes mushrooms to another level! The texture of king oyster mushrooms mimics scallops so well, you might just forget you're eating a mushroom! It's also loaded with fresh cherry tomatoes and tempeh bacon for that classic carbonara taste.

WHAT YOU'LL NEED

- Large pan
- Large pot

- Oil



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Long pasta	200 g	400 g
King oyster mushrooms	6 oz	12 oz
Cherry tomatoes	8-10	15-20
Shallots	2	4
Garlic	3 cloves	6 cloves
Tempeh bacon	1/4 cup	1/2 cup
Herbed nutritional yeast	2 tbsp	4 tbsp
Chili oil	1 tsp	2 tsp
Nori flakes	1/2 tsp	1 tsp
Vegan butter	2 tbsp	4 tbsp



Prep ingredients: chop **mushrooms** into 1 inch coins, halve **cherry tomatoes**, and mince **garlic** and **shallots**.

Fill a large pot with **salted water** and bring to a boil. Add pasta to and cook for 9-12 minutes or until al dente (cook time may vary depending on shape).



Meanwhile, heat 1 tbsp of **oil** in a large pan over medium heat. Once hot, add **chopped mushroom "scallops"** and cook for 4 minutes per side until each side is seared. Sprinkle the **nori** over the **mushrooms**, stir to combine.



Remove **mushrooms** from the pan and set aside on a plate. To the same pan, add **vegan butter**, **shallots**, **tempeh bacon**, and **garlic**. Stir to combine and sauté for 5 minutes then lower heat to low.



Add **cherry tomatoes** and sauté for 2 minutes then add **strained pasta** to the pan. Sprinkle with **half the nutritional yeast** and gently mix. Add **mushroom "scallops"** back into the pan and drizzle pasta with **chili oil** (optional) and toss to combine.



Divide between plates and top with the **rest of the nutritional yeast**.

Nutrition Facts		Valeur nutritive	
Per Serving (590 g)			
pour 1 (590 g)			
Calories 720		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 29 g			39 %
Saturated / saturés 5 g			40 %
+ Trans / trans 3.0 g			
Carbohydrate / Glucides 90 g			
Fibre / Fibres 16 g			57 %
Sugars / Sucres 13 g			13 %
Protein / Protéines 35 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 650 mg			28 %
Potassium 2100 mg			45 %
Calcium 125 mg			10 %
Iron / Fer 7.5 mg			42 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			