

Mushroom Shawarmas

Serves 2

Spray oil plus 1 teaspoon
3 large Portobello mushrooms
1 medium onion
¼ teaspoon cinnamon
¼ teaspoon turmeric
2 whole cardamom pods or ¼ teaspoon ground cardamom
2 tsp smoked paprika
1 tsp thyme
1 tsp light soy sauce
2 tsp apple cider vinegar
1 date, chopped finely
garlic yoghurt or mayonnaise
1 cucumber cut in ribbons
Pita bread wraps
salt to taste

Slice mushrooms into ¼ inch (½ cm) thick slices. Add dry spices and herb (cinnamon, turmeric, paprika and thyme) to mushrooms, turning to coat both sides. Slice onion until you have approximately the same volume of onions as the mushrooms. Spray bottom of large frying pan with oil and pour 1 teaspoon of oil into centre of pan. Add cardamom pods and when they start to sizzle, add onions. Sauté onions until soft then remove cardamom pods. Add seasoned mushrooms and cook until mushrooms are moist. Stir in chopped date, apple cider vinegar and soy sauce. Warm wraps in frying pan. Add mushrooms followed by cucumber ribbons and top with garlic sauce. Fold, roll and cut in half.

