

Shiitake Scallion Pancakes

Prep Time:

10 min

Cook Time:

10 min

Yield:

Makes about 4-6 servings

Ingredients

- Organic spray oil of your choice
- 3 ounces shiitake mushroom caps, cut into thin slices (1 1/2 cups)
- 4-5 scallions, thinly sliced
- 1 tbsp ground flax seed mixed with 3 tbsp water, lightly beaten
- 1 teaspoon toasted sesame oil
- 1 teaspoon (or more) Sriracha (hot chili sauce)
- 1 large clove garlic, minced
- 1 teaspoon peeled fresh ginger root, finely minced
- 1 cup gluten free flour
- 3/4 cup unsweetened almond milk
- Salt and pepper to taste

Directions

Heat a large saute pan over medium-high heat. Spray pan and add the mushrooms and cook until soft, about 1 minute, stirring. Add the scallions and season with salt and pepper; cook for 1 minute, just to wilt the scallions slightly. Transfer the vegetables to a small bowl to cool.

Combine the flaxseed mixture, sesame oil, Sriracha, garlic, and ginger. Whisk in the flour and milk to form a smooth batter. Stir in the cooled vegetables.

To make the pancakes:

1. Heat large skillet over medium heat and spray. Scoop the pancake batter into the pan using a tablespoon for smaller pancakes or a ladle for bigger pancakes. Flip when bubbles form in the batter (about 1 minute). Let the second side cook for about 60 seconds and remove from heat.