



IMMANUEL
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Heart-healthy eating with Marketa Schellenberg

MARINATED MUSHROOM CAPS



• We wish you bon appetit! •

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MUSHROOMS MARINATED IN CHILI OIL AND STUFFED WITH TOMATO-CASHEW CREME ON A SALAD OF QUINOA SPROUTS, TOMATOES, CUCUMBER AND BELL PEPPER

(vegan, raw fruits and vegetables, lactose and gluten-free, contains nuts)

for 16 – 20 servings of finger food

Ingredients

12	small mushroom caps	50 grams	bell pepper
150 ml	chili oil (olive oil with finely sliced chili peppers)	50 grams	tomatoes
		50 grams	cucumber
10	grams garlic, peeled and finely chopped	20 grams	parsley
		20 grams	black olives
1 tbs	Provençal herbs	100 grams	quinoa
60 grams	dried tomatoes	1 dash	salt
60 grams	fresh orange juice	1 pinch	pepper
60 grams	cashews	1 tsp	lemon juice
40 grams	avocado	1 tsp	agave syrup
10 ml	linseed oil		
1 dash	herb salt		Red bell pepper lozenges and fennel leaves as garnish
1 pinch	pepper		

To prepare

Thoroughly wash quinoa and leave to sprout overnight. Clean mushroom caps, cut stems off close to the top and marinate the prepared caps in chili oil with garlic and Provençal herbs. Ideally, let them steep overnight.

For the creme: soak the dried tomatoes and cashews in orange juice for about two hours. Cut the avocado in half, remove pit and scoop out the flesh with a (plastic or wooden) spoon. Purée all the ingredients in a blender, season with salt, pepper and linseed oil and mix into a spreadable, relatively stiff paste.

Wash the peppers, tomatoes and cucumber, remove seeds from the tomatoes and cucumber so only the pulp remains. Dice all vegetables very finely. Mix vegetable pieces with the quinoa sprouts and stir in chopped black olives and finely chopped parsley. Season the salad with salt, pepper, lemon juice and agave syrup.

Finally, stuff the mushroom caps with the tomato creme, arrange on the quinoa salad and garnish.

The health factor

Raw fruit and vegetables support bowel functioning. Quinoa supplies high-quality protein, unsaturated fatty acids and high amounts of magnesium, potassium, phosphorus and iron. Quinoa, avocado, cashews and olives give us essential fatty acids for pliable cell membranes and healthy arteries. The vegetable proteins in cashews, mushrooms and quinoa gradually raise the blood sugar level and satisfy hunger for longer.