

# Sweet & Salty Teriyaki Mushrooms

These mushrooms were a family camping favourite growing up. Super easy and perfect as a snack or side dish.



**Prep Time:** < 10 mins      **Cooking Method:** campfire

**Baking Time:** 10 mins      **Yield:** 2

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## Ingredients:

- 12 white or cremini mushrooms
- 1/2 cup teriyaki sauce or marinade (**not thick** – see notes below recipe for alternatives)
  - Overall I recommend the Kikkoman Teriyaki Sauce and Marinade
- Seasoning salt, to taste
  - I recommend Hy's brand

## Directions:

1. Pour teriyaki sauce into a bowl or container
2. Place 6 mushrooms into sauce and let marinate for 5 – 10 mins
3. Place mushrooms onto cooking stick and roast over fire until slightly charred (approx 5 minutes)
4. While mushrooms are roasting, place the remaining 6 into the marinade to soak
5. Once mushrooms are slightly charred, remove from stick and place on a plate. Sprinkle with some more teriyaki sauce (feel free to take a spoonful from the bowl!) and sprinkle with seasoning salt to taste preference.
6. Repeat with remaining mushrooms.

Voilà! Your Sweet & Salty Teriyaki Mushrooms are ready to go!

## Notes:

- Thick teriyaki sauce is too sugary and sweet. If you must use, dilute with 1/4 cup water and 3 tbsps soy sauce
- Some brands of teriyaki marinades aren't thick, but are still very sweet. Use 1/3 cup marinade and 3 tbsps soy sauce.

# Sweet & Salty Teriyaki Mushrooms (cont'd)

## Nutrition Information

*\*Nutrition information is estimated using an online nutrition calculator.*

*Actual nutrition facts may vary.*

### Per Serving:

**Calories:** 39 kcal **Protein:** 4.3g **Carbs:** 5.5g **Fat:** 0.5g **Fibre:** 1.1g

**Sugar:** 4g **Sodium:** 660mg **Saturated Fat:** 0g **Cholesterol:** 0mg



*Nomads Kitchen*

