

Garam Masala Mushroom Garnish

A recipe by Celia Barnes

When your immune system cells are exposed to disease causing pathogens, for example bacteria, the entire body starts to increase the number and function of immune system cells, according to Dr.Meydani.

You can assist this process, by eating white mushrooms, claims Celia Barnes, she proposes a recipe using white mushrooms, to assist your immune system.

This is her recipe.

Ingredients

2 cups of mushrooms, chopped
2 onions
1 tspn of chilli powder
½ tspn of Garam masala
Salt to taste
½ tspn of olive oil
Some coriander leaves

Method

Preparation time should take about 15 minutes

1. Heat oil and fry the onions, till they turn slightly brownish.
2. Now add the mushrooms and cook for a further 10 minutes.
3. Add all the masala and continue cooking for a couple of minutes.
4. Finally garnish with the coriander leaves and serve hot.