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Lions Mane & Brussels Pasta with Lemon Cream Sauce

Ingredients (4 servings)

- **8 oz pasta** (linguine, fettuccine, or tagliatelle work beautifully)
- **8 oz lion's mane mushrooms**, torn into bite-size pieces
- **2 cups Brussels sprouts**, thinly sliced (or shaved)
- **2 tbsp olive oil**
- **3 tbsp butter (or vegan butter)**
- **3 cloves garlic**, minced
- **½ cup heavy cream** (or full-fat coconut cream for vegan)
- **¼ cup grated Parmesan cheese** (optional; use vegan parm if desired)
- **Zest & juice of 1 large lemon**
- **½ tsp crushed red pepper flakes** (optional)
- Salt & freshly ground black pepper
- Fresh parsley, chopped, for garnish



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Instructions

1. Cook the pasta:

Bring a large pot of salted water to a boil and cook pasta according to package directions until al dente. Reserve $\frac{1}{2}$ cup pasta water before draining.

2. Prepare the vegetables:

While the pasta cooks, heat 1 tbsp olive oil + 1 tbsp butter in a large skillet over medium heat.

Add the lion's mane mushrooms, season with salt & pepper, and sauté for 4–5 minutes until golden and crisped on edges. Transfer to a plate.

3. Cook the Brussels sprouts:

In the same skillet, add another 1 tbsp olive oil and 1 tbsp butter. Add shaved Brussels sprouts, a pinch of salt, and cook for 4–5 minutes, stirring occasionally, until tender and lightly browned. Add garlic and cook for another 30 seconds.

4. Make the sauce:

Reduce heat to low. Push the Brussels to the side of the pan, then add remaining 1 tbsp butter. Pour in the cream and stir to combine, scraping any bits from the pan. Add lemon zest, juice, red pepper flakes, and Parmesan (if using). Simmer for a minute or two until creamy.

5. Combine everything:

Add the cooked pasta, reserved pasta water a little at a time (to loosen if needed), and toss to coat in the sauce. Gently fold in the cooked lion's mane mushrooms.

6. Serve:

Taste and adjust seasoning with more salt, pepper, or lemon juice if desired. Garnish with fresh parsley and an extra sprinkle of Parmesan or lemon zest.