

Mushroom stroganoff

2 tbsps olive oil
200g chestnut mushrooms, cut into quarters
200g shiitake or oyster mushrooms, chopped
1 heaped tsp fresh thyme leaves (discard the stems)
1 small red or white onion, sliced
3 garlic cloves, finely chopped
400ml vegetable stock (made with one organic stock cube)
220ml whole milk or unsweetened almond milk
1 tbsp plain flour (use gluten free if preferred)
120g crème fraîche (use dairy free if preferred)
2 tpsps Dijon mustard
2 tpsps soy sauce or tamari

Serves 3

Per serving:
272 calories
24g fat
9g carbs
5g protein

Heat 1 tbsp olive oil in a large saucepan over a medium heat. Add the mushrooms and fry gently for 5 minutes, stirring occasionally.

Add the thyme leaves and cook for one minute, stirring frequently.

Transfer the mushrooms to a plate.

Heat the remaining oil in the saucepan over a medium heat. Add the onion and fry gently for 6 minutes, stirring occasionally until caramelised.

Add the garlic and fry for one minute, stirring frequently.

Add the stock and simmer gently for 10 minutes.

Mix the flour and milk in a bowl. Add to the saucepan and stir well. Bring to a simmer and cook for 10 minutes, stirring occasionally.

Add the mushrooms back into the saucepan along with the remaining ingredients. Stir well and remove from the heat.

Serve garnished with a sprinkle of fresh thyme.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

Serving suggestion: Serve on a bed of steamed brown rice or tagliatelle.