SHOPPING LIST

Creamy Mushroom Stroganoff

Serves 4

- [ ] 600 g mixed mushrooms, sliced
- [ ] 2 tbsp olive oil
- [ ] 1 onion, thinly sliced
- [ ] 3 cloves garlic, chopped
- [ ] 2 tsp smoked paprika
- [ ] 1 tbsp tomato purée
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp plain flour
- [ ] 250 ml vegetable stock
- [ ] 150 ml oat cream or coconut cream
- [ ] 1 tbsp lemon juice
- [ ] Salt and black pepper
- [ ] Chopped parsley
- [ ] Cooked rice or tagliatelle, to serve

Tick off what you already have at home.