HEARTY & GROUNDING

Creamy Mushroom Stroganoff

PREP	COOK	SERVES
10 min	20 min	4

Vegan Vegetarian

Browned mushrooms in a paprika and mustard sauce with oat cream, over rice or noodles. Rich and completely plant-based.

Ingredients

- 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

Method

1. Heat half the oil in a wide pan and brown the mushrooms in two batches until golden. Set aside.
2. Soften the onion in the remaining oil for 5 minutes. Add the garlic, paprika, tomato purée and mustard and cook for a minute.
3. Stir in the flour, then add the stock a little at a time, stirring until smooth.

4. Return the mushrooms, simmer for 5 minutes, then stir in the cream and lemon juice. Season well.
5. Serve over rice or pasta and scatter with parsley.

> **Cook's tip**
>
> Brown the mushrooms in batches without salt, then season at the end. Salt too early pulls out water and keeps them from browning.