

# CHEERS

tops!



## SPEEDY MUSHROOM STROGANOFF

### INGREDIENTS

**Serves 4**

**Ready in 30 minutes**

- 2 Tbsp olive oil, plus extra
- 1 medium onion, diced
- 1 clove garlic, finely chopped
- 1 tsp smoked sweet paprika
- 800 g mixed mushrooms, chopped
- 1 cup good quality vegetable stock
- 1 Tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1/3 cup crème fraîche or Greek yoghurt
- 1 cup basmati or brown rice
- Chopped fresh parsley, to garnish

### METHOD

Heat the olive oil in a large pot over medium heat. Add the onion and garlic, and fry for about 8 minutes, or until the onion has softened. Add the paprika, stir, then transfer to a bowl.

Add another dash of oil to the pot and fry the mushrooms for about 10 minutes over medium-high heat, until golden and caramelised. Return the onion-garlic mixture to the pot. Stir in the stock and Worcestershire sauce, and simmer for 10 minutes with the lid off, or until thickened to your liking. Then, add the mustard and crème fraîche. Stir together then remove from the heat.

Meanwhile, in a separate pot, cook the rice according to the packet instructions, until fluffy. Serve the rice in warmed bowls topped with the stroganoff. Garnish with a little chopped fresh parsley.