

# MUSHROOM STROGANOFF

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This is a super tasty one-pot that you can make in under 30 minutes. Use any kind of mushrooms or even a mixture if you like. Get it all in the pan and let it cook out for 25minutes and you are good to go. I normally serve mine with brown rice but it is also great with pasta or quinoa too!

 Makes 4 servings  Total Time: 30min  Prep: 5min

## Ingredients

- 1 kg chestnut mushrooms roughly sliced
- 2 red onions diced
- 4 garlic cloves crushed
- 2,400ml cans coconut milk
- 2 tsp dijon mustard (good quality)
- 2 tsp paprika
- Juice of 1 lemon
- Large handful fresh parsley
- 3 tbsp Olive/coconut oil
- Salt & pepper

## Method

- Firstly prepare the garlic, onion and mushrooms as per instructions above
- Heat a large shallow pan (this helps to reduce the sauce down faster) with oil adding in the garlic, onion and mushrooms along with a decent pinch of salt and pepper. Cook down for 5 minutes, making sure to stir often
- Once the mushrooms are soft add the coconut milk, mustard, paprika and lemon juice and stir well
- Cook on high heat (this helps the sauce to thicken nicely) for 20-25 minutes or until desired consistency. Keep stirring every 5-10 minutes
- Finally, add freshly chopped parsley and stir it into the stroganoff, leaving some to garnish for serving

## Equipment needed:

Chopping board, chef's knife, large saucepan, wooden spoon