

Mushroom stroganoff

INGREDIENTS

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 tbsp paprika
- 2 garlic cloves, crushed
- 300g mixed mushroom, chopped
- 150ml low-sodium beef or vegetable stock
- 1 tbsp Worcestershire sauce, or vegetarian alternative
- 3 tbsp half-fat soured cream
- small bunch parsley, roughly chopped
- 250g pouch cooked wild rice

DIRECTIONS

1. Heat 2 tsp olive oil in a large non-stick frying pan and soften 1 finely chopped onion for about 5 mins.
2. Add 1 tbsp paprika and 2 crushed garlic cloves, then cook for 1 min more. Add 300g mixed mushrooms and cook on a high heat, stirring often, for about 5 mins.
3. Pour in 150ml low-sodium beef or vegetable stock and 1 tbsp Worcestershire sauce or vegetarian alternative.
4. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the heat and stir through 3 tbsp half-fat soured cream and most of the small bunch of roughly chopped parsley. Make sure the pan is not on the heat or the sauce may split.
5. Heat 250g pouch cooked wild rice following pack instructions, then stir through the remaining chopped parsley and serve with the stroganoff.