

Mushroom stroganoff

Serves 2



Ingredients

575g/1¼ lbs mushrooms, quartered
1 large onion sliced
2 cloves of garlic, crushed
75ml/3floz water
1 tablespoon of Worcester sauce
1 tablespoon low fat crème fraiche
2 tablespoons chopped Fresh flat leaf Parsley
1-2 tablespoons lemon juice
½ vegetable stock cube
Sprinkle of pepper

Method

1. In a deep frying pan or large saucepan place the stock cube and onion and gently fry until softened, add the garlic and cook for a further 2 minutes stirring constantly. If it starts to stick, add a little water.
2. Add the mushrooms, seasoning, Worcester sauce and cook until mushrooms are softened.
3. Stir in the crème fraiche and gently heat without boiling. Stir in the parsley and lemon juice. If there is not enough sauce just add a small amount of water.
4. Serve while still hot.

You may add lean chicken or rindless bacon to the dish too. Serve with cooked fresh pasta or rice.