

# Healthy Mushroom Stroganoff



Use up any pasta in your pantry for this comforting vegetarian meal, mixed mushrooms and creamy sauce will put a smile on your face. Pulse pasta is a great healthy option!

## **Ingredients**

- 300 g whole grain pasta
- 1/2 tbsp Black & Gold butter
- 1 onion, chopped
- 2 garlic, crushed
- 400 g mixed mushrooms
- 1/2 tsp sweet or smoked paprika
- 1 1/2 tbsp Black & Gold flour
- 1 1/3 cup vegetable stock
- 1 tbsp worcestershire sauce
- 2 tsp thyme leaves
- 1/2 cup greek yoghurt
- 1 tbsp parsley chopped

## **Method:**

1. Bring a pot of salted water to the boil, add the pasta and cook as per packet instructions. When al dente, drain and rinse. Set aside.
2. In a saucepan over medium heat, melt butter and a drizzle of olive oil. Saute the onion and garlic until softened then add the mushrooms and paprika. Cook for 6-7 minutes until the mushrooms are tender.
3. In a small bowl, whisk the stock, worcestershire and flour to combine.
4. Deglaze the pan with the stock mixture, add the thyme and let it simmer for 5 minutes until the sauce has thickened. Season to taste.
5. To finish, take the pan off the heat and stir in the yoghurt. Garnish with parsley and serve over the pasta.