

Mushroom & Spinach Stroganoff

A recipe from Claire Barnes



Ingredients

1 onion diced
2-3 cloves of garlic, minced
1 tbsp butter
300g mushrooms, sliced
500g spinach
2 tbsps cornflour
4 tbsp red wine (optional)
1 tbsp marmite
180 ml vegetable stock
150ml soured cream
1/2 tsp smoked paprika
a pinch of chili flakes, sea salt
& pepper to taste
Fresh thyme leaves and/or parsley
(and/or tarragon), chopped

Method

Heat butter in a large pan, add onion and fry for about 5 minutes. Add garlic, spices, salt and pepper then fry for a further minute.

Now add the mushrooms and fry over medium heat for about 5 mins.

Add the corn flour and stir in, before stirring in the marmite.

Pour in red wine (optional), vegetable stock and the spinach leaves. Bring to a boil. Dollop the soured cream into the pan and cook on low-medium heat for about 10 minutes until the sauce thickens.

Taste and adjust seasonings as to your preference. Add fresh thyme leaves and/or parsley and/or tarragon to taste!

Serve and enjoy with brown rice.