MUSHROOM STROGANOFF (2 portions)

347 kcals/portion

1/2 tbsp Extra Virgin Olive Oil

Half Onion, sliced

Half Pepper, chopped

250g Mushrooms, sliced

1/2 tsp Garlic Powder

1/2 tsp Paprika

1tsp Liquid Seasoning or Marmite

75g Creme Fraiche or Natural Yoghurt

60g Frozen Mixed Vegetables (or any spare veg, chopped into small pieces

100g Tagliatelle

Cooking time: 30 mins

1. Cook tagliatelle according to instructions. Add mixed vegetables for last 5 minutes.

2. Meanwhile, heat oil, then add onion & pepper. Fry until they start to soften, then add mushrooms and cook for 5 more minutes.

3. Sprinkle over garlic powder & paprika. Stir, then cook for 2 minutes.

4. Add seasoning/marmite & creme fraiche/natural yoghurt, stirring all the time until the mixture starts to gently boil. Simmer for a couple of minutes, adding small amounts of pasta water to reach required consistency.

5. Drain tagliatelle & mixed vegetables, leaving a small amount of cooking water in the pan.

6. Mix all ingredients together and stir well.

7. Serve, sprinkling with a little coriander, if required.