

Mushroom Stroganoff

Ingredients

2 tsp olive oil

1 onion , finely chopped

1 tbsp SPANISH paprika

2 garlic cloves , crushed

300g mixed mushrooms , chopped

150ml vegetable stock

1 tbsp Worcestershire sauce , or vegetarian alternative

3 tbsp half-fat soured cream (or crème fraîche)

250g rice

1.Heat the oil in a large non-stick frying pan and soften the onion for about 5 mins. Add the garlic and paprika, then cook for 1 min more. Add mushrooms and cook on a high heat, stirring often, for about 5 mins.

2. Pour in the stock and Worcestershire sauce. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the heat and stir in the soured cream. Make sure the pan is not on the heat or the sauce may split.

3. Cook rice then stir and serve with the stroganoff