





Mushroom & Crumbled Tempeh

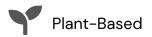
Stroganoff

This mushroom and crumbled tempeh stroganoff combines locally-produced tempeh and mushrooms in a creamy coconut milk sauce, tossed with gluten-free tagliatelle and served alongside steamed broccoli for a hearty, flavour-packed meal.





2 servings



Spice it up!

For an extra boost of flavour, add nutritional yeast or dijon mustard to the sauce, or switch the stock cube for soy sauce, tamari, or miso paste.

TOTAL FAT CARBOHYDRATES

28g

58g

FROM YOUR BOX

BROWN ONION	1
BUTTON MUSHROOMS	100g
SEASONED TEMPEH	1 packet
GARLIC CLOVE	1
BROCCOLI	1
COCONUT MILK	165ml
FRESH TAGLIATELLE (GF)	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, stock cube

KEY UTENSILS

large frypan, large saucepan

NOTES

Add extra mushroom varieties to the stroganoff, such as shiitake, oyster, Swiss brown, and dried forrest mushrooms.

Add extra cooking liquid as needed to loosen the pasta and sauce.







1. PREPARE THE INGREDIENTS

Bring a large saucepan of water to a boil.

Slice onion and mushrooms (see notes).

Crumble or roughly chop tempeh, crush

garlic and cut broccoli into florets.



2. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with oil. Add onion and sauté for 2 minutes. Add mushrooms, garlic and 3 tsp smoked paprika (add extra oil as necessary). Sauté for 5 minutes until mushrooms begin to brown.



3. SIMMER THE SAUCE

Add **coconut milk**, crumbled **stock cube** and **1 cup water** to mushrooms. Stir the sauce, then simmer, semi-covered for 5 minutes.



4. COOK & TOSS THE PASTA

Add **pasta** to boiling water and cook for 4 minutes. Reserve **2 cups cooking liquid** and drain pasta. Return pasta to saucepan, add the sauce and **1 cup cooking liquid**. Toss to combine (see notes) and season to taste with **salt and pepper**.



5. COOK THE BROCCOLI

Wipe frypan clean and reheat over medium-high heat with oil. Add broccoli to pan along with 1/4 cup water. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with salt and pepper.



6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide pasta among shallow bowls. Garnish with parsley and serve with a side of broccoli.

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