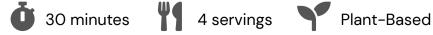




Mushroom Stroganoff

with Lentil Pasta

A creamy mushroom stroganoff with cherry tomatoes and spinach, tossed through red lentil pasta and served with a side of garlic brussels sprouts.







Add some dried or fresh thyme to the sauce or some miso paste for an added umami flavour!

PROTEIN TOTAL FAT CARBOHYDRATES

26g 12g 57g

FROM YOUR BOX

RED LENTIL RIGATONI	1 packet
BRUSSELS SPROUTS	300g
BROWN ONION	1
MUSHROOMS	400g
CHERRY TOMATOES	1/2 bag (200g) *
CASHEW CREAM CHEESE	1/2 jar *
BABY SPINACH	1/2 bag (100g) *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika, garlic (1 clove)

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer to cook the brussels sprouts in the sauce instead of on the side you can add them to the pan in step 3.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 8-10 minutes or until al dente. Drain and set aside.



2. COOK THE SPROUTS

Trim and halve brussels sprouts (see notes). Heat a frypan over medium-high heat with oil. Add sprouts and crush in 1 garlic clove. Cook for 6-8 minutes until tender. Season with salt and pepper. Set aside and keep warm.



3. SAUTÉ THE VEGGIES

Meanwhile, slice onion and mushrooms. Halve tomatoes. Reheat frypan over medium-high heat with oil. Stir in 1 tsp paprika, add vegetables and cook for 5 minutes until tender.



4. SIMMER THE SAUCE

Stir in cashew cream cheese and 1/2 cup water. Simmer for 2-3 minutes until heated through.



5. STIR THROUGH PASTA

Add cooked pasta and spinach to sauce and stir through to coat. Season with **salt** and pepper to taste.



6. FINISH AND PLATE

Divide stroganoff among bowls. Serve with a side of sprouts.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



