



Mushroom Pasta

A tasty recipe that uses a couple of different cooking methods to improve chef skills.

Ingredients

- 3 cloves garlic, crushed
- 100g unsalted butter
- 4 tbsp olive oil
- 2 onions, finely diced
- 250g button mushrooms, sliced
- 200ml cream either whipping or double
- 4 tsp chopped parsley
- 400g pasta, which ever you fancy (cooked to packet instructions)
- 100g toasted pine nuts (optional)

Method

- Cook your pasta.
- Melt the butter with the olive oil in a frying pan and fry the onion and garlic until soft.
- Add the mushroom and cook until soft. Season well with salt and pepper.
- Add the cream and simmer for 5 minutes, then add the parsley and seasoning.
- Toss the pasta through the sauce, then serve in a warm bowl and sprinkle over the pine nuts.
- Serve and enjoy.

Nutritional Benefits

Mushrooms contain some fibre, B vitamins, vitamin D and protein. They are known to have anti-inflammatory and antibacterial effects.



Recipe by Jez Beasley
Executive Chef
Rothamsted Enterprises