



STAR RECIPE: MUSHROOM STROGANOFF (Serves 5)

This recipe is from the Week 2 Menu and the allergen group is noted in red:
Celery

Ingredients

1 onion - diced	1 celery stick - diced
2 carrots - diced	50g fresh parsley – chopped
1 tbsp paprika	50g fresh oregano – chopped
1 clove of garlic - crushed	50g tomato puree
500g mushrooms - sliced	3 tins of chopped tomatoes

Method

1. Over a medium-high heat sweat the onions, carrots, celery and half the parsley.
2. Add the garlic and mushrooms and cook for 5-6 minutes.
3. Mix in the paprika, cumin and tomato puree and continue to cook for a further 5 minutes.
4. Add the chopped tomatoes and reduce the heat to a simmer.
5. Cook for 45 minutes.
6. Finish with parsley, oregano and salt and pepper to taste.

Serve with basmati rice or new potatoes and enjoy 😊

