

#vegan #comfort

## MUSHROOM STROGANOFF

Here's a super-speedy vegan Mushroom Stroganoff for you to try. All the classic flavours are there, such as garlic and paprika, but in this dish the creaminess comes from a combination of oat milk and flour.

### To make 1 portion

½ mug of brown rice

1 mug of water

1 portobello mushroom, cut into 1cm-thick slices

1 garlic clove, sliced

½ tsp paprika

1 tsp plain flour

150ml oat milk (or any milk or milk substitute)

Small handful of spinach

Olive oil

Salt and pepper

### To cook

Put the rice and water in a saucepan and cook over a medium heat with the lid on for about 15 minutes, until all the water has been absorbed and the rice is cooked.

Meanwhile, pan-fry the sliced mushroom in a splash of olive oil over a medium heat for a few minutes. When the mushroom is almost cooked, season with salt and pepper and add the garlic, along with a splash more olive oil and continue to fry until the garlic starts to brown. Add the paprika and flour to the pan and stir for another minute, then gradually pour in the milk, stirring constantly. Simmer for a few minutes until the sauce thickens. Add the spinach and allow it to wilt, then remove from the heat. Season to taste and serve with the rice.