

Mushroom stroganoff with soy sauce

Total time **50 mins** 50 mins preparation time

Nutritional facts (per portion):
1897 kJ / 451 kcal

Fat: **17.0 g** Protein: **14.1 g**
Carbohydrates: **64.2 g**

INGREDIENTS

4 portion(s)

2 tbsp	olive oil
1	onion, finely chopped
500 g	chestnut mushrooms, quartered
2	garlic cloves, crushed
4	sprigs thyme, leaves picked and chopped
1.5 tbsp	paprika
1 pinch	of cayenne pepper
400 ml	vegetable stock
300 g	wild rice
200 ml	sour cream
2 tsp	English mustard
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
	Small pack of parsley, roughly chopped
1	lemon, cut into wedges

PREPARATION

Step 1

Heat a wide, high-sided frying pan with the oil and cook the onion for 5 minutes until softened.

Step 2

Turn the heat up and add the mushrooms. Cook for 10 minutes, stirring regularly, until golden brown.

Step 3

Add the garlic, thyme, paprika and cayenne pepper and cook for 2 minutes then add the stock and simmer for 10 minutes. Add the sour cream, mustard and soy sauce to the mushrooms and simmer for a further 10 minutes.

Step 4

While the mushrooms are simmering, cook the rice according to the pack instructions. Drain and keep warm.

Step 5

Just before serving, stir the parsley through the mushrooms, reserving a little to garnish. Serve with the wild rice and lemon wedges, garnished with the reserved parsley.