

## **Mushroom stroganoff with soy sauce**

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

Nutritional facts (per portion):

1897 kJ / 451 kcal

## **INGREDIENTS**

4 portion(s)

**2 tbsp** olive oil

onion, finely choppedchestnut mushrooms,

quartered

garlic cloves, crushedsprigs thyme, leavespicked and chopped

**1.5 tbsp** paprika

**1 pinch** of cayenne pepper **400 ml** vegetable stock

300 g wild rice200 ml sour cream2 tsp English mustard

2 tbsp Kikkoman Naturally

Brewed Soy Sauce Small pack of parsley,

roughly chopped

**1** lemon, cut into wedges

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

## **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.