KIKKOMAN

# Mushroom stroganoff with soy sauce

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

Nutritional facts (per portion):
**1,897 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.