

RICH MUSHROOM TAGLIATELLE (V)

A great vegetarian pasta dish.

Serves 1

Per serving: 390 calories, 1% fat

Prep time: 5 mins

Cook time: 25 mins

INGREDIENTS

180g mixed mushrooms
70g (dry weight) tagliatelle pasta
1 small clove of garlic peeled and finely diced
¼ tsp chia seeds
1 tsp white miso paste
1 tbsp mushroom ketchup
125ml medium white wine
Rapeseed oil spray
Fresh herbs such as chives for garnish
(optional)

METHOD

1. Bring a medium pan of water to the boil and add the pasta, reduce the heat slightly to a rolling boil.
2. Heat a small non-stick frying pan and spray with rapeseed oil. Add the garlic, chia seeds, and mushrooms. Cook on medium heat until the mushrooms start to soften.
3. Add the white wine, mushroom ketchup and the miso paste to the frying pan and stir to combine, then reduce the heat to a gentle simmer. If the liquid reduces so that it's dry, add a little of the pasta water - 1 tablespoon at a time - so that you have a light sauce.
4. Once the pasta is cooked, remove from the heat and drain carefully.
5. Transfer the pasta to a warmed plate or bowl and top with the mushroom mixture.
6. Garnish with a few fresh herbs such as chopped chives and serve immediately.

