

WHO DARES SLIMS - RECIPE

# Herby mushrooms

(Vegan!)



## Tips

Makes 4 portions

You can use any mushroom variety that you like - a mix of button, chestnut and shitake is ideal.

Don't worry if all you have is some slightly stale bread; toast this as it will soak up the lovely herby jus!

## Ingredients

- 1 pack of chestnut mushrooms
- Mixed italian herbs
- Garlic granules
- Chili flakes
- Soy cream
- Salt & pepper to taste

## Preparation

1. Chop your mushrooms into halves (some into quarters) and fry off in a large frying pan.
2. Once they start to release their water, drain most of this away and add a tablespoon of the mixed herbs and a small sprinkling of garlic granules then continue to fry.
3. Once cooked through, add 125ml of soy cream and stir.
4. Season to taste before serving on a nice slice of seeded bread and enjoy!