

WHO DARES SLIMS - RECIPE

Mushroom Pate (Vegan!)



Tips

Makes ~6 portions

Swap the mushrooms for mixed or pick any variety you prefer.

If you want to shake it up and make it a christmas treat - you can add a dash of a sweet sherry or brandy when cooking the mushrooms.

Ingredients

- 1 red onion (chopped)
- 2 garlic cloves (crushed)
- Brown (unrefined) sugar (½ teaspoon)
- 1 tablespoon olive oil
- Dash of balsamic vinegar
- 250g button/brown mushrooms
- Dash of soy sauce
- Fresh sage (dry if you can't get fresh)
- 100g shelled walnuts

Preparation

1. In a large frying pan, brown off the onion, garlic and sugar in the olive oil.
2. Then add a splash of balsamic vinegar and simmer for 10 mins.
3. Add the chopped mushrooms and fry 10 mins on very low heat before adding the walnuts and cooking for a further 5 minutes.
4. Season with Salt and pepper and a dash of soy cream and blitz in a food processor until smooth. Place into a bowl and chill.
5. Serve on some rye crackers and enjoy!