

Quorn and mushroom stroganoff

(serves 4-5 people)

This is a vegetarian dish but the quorn can be replaced with strips of beef or chicken for a meaty version. It’s a good option for a speedy weeknight meal. Serve with brown rice, noodles or mashed potatoes.

**Ingredients**

* 1 tsp olive oil
* 1 large onion, peeled and sliced
* 2 cloves garlic, peeled and thinly sliced or crushed
* 350g quorn pieces\*
* 225g mushrooms
* 250ml vegetable stock\*
* 2 tsp paprika
* 100ml low fat crème fraiche\*

**Method**

1. Add the oil to a large pan, and cook the onion and garlic until softened.
2. Next, add the quorn, mushrooms and paprika and cook for a further 5-10 minutes.
3. Add the stock and heat until it has reduced by half.
4. Stir in the crème fraiche and cook on a medium heat for 5 minutes.
5. Serve with rice, potatoes, noodles or pasta

\*Can contain or is one of the 14 common allergens