



Growing Together

GROW, COOK, EAT, SHARE.

Make your own... Mushroom Stroganoff

Serves 4-6

Ingredients:

- ✓ 675g potatoes, peeled and chopped
- ✓ 150ml full fat milk
- ✓ 1 tbsp fresh herbs of your choice
- ✓ 15g butter
- ✓ 450g assorted mushrooms
- ✓ 2 garlic cloves
- ✓ 150ml double cream
- ✓ 25g butter
- ✓ 50g fresh white breadcrumbs
- ✓ 2 tbsp fresh parsley
- ✓ Seasoning to taste

Recipe and video created by

**Vegetarian
for Life**



Instructions:

1. Boil or steam the potatoes until soft.
2. Meanwhile, make the filling: melt the butter or margarine in a frying pan, add the mushrooms and garlic and cook gently for 5 minutes. Stir in the cream and season to taste. Keep on a gentle heat and cover with lid or foil.
3. To make the topping, melt the butter in a frying pan and stir in the breadcrumbs, herbs and seasoning. Stir continuously for 5 minutes until the breadcrumbs are golden brown.
4. When the potatoes are cooked, drain and return to the pan. Heat the milk, pour over the potatoes and mash well. Season to taste and stir in the herbs of your choice.
5. Serve individually by placing equal mounds of mash on each plate, spoon the mushroom stroganoff sauce over the top and finish by sprinkling over the golden herbed breadcrumbs.



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