

Mushroom pappardelle with rocket



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Preparation: about 15 minutes
Cooking: about 35 minutes
Serves: 4

Use a combination of Swiss Brown button mushrooms and gourmet mushrooms like Shiitake, King Brown, Oyster, Shemiji and Enoki for this recipe.

2 tbs olive oil
1 leek, trimmed, halved lengthways and thinly sliced
2 garlic cloves, finely chopped
600g gourmet mixed mushrooms, roughly chopped or sliced
½ cup beef stock
½ cup sour light cream
⅓ cup light cream
350g dried pappardelle pasta
Salt and ground black pepper
50g baby rocket leaves
grated parmesan cheese, to serve

1. Heat oil in a large non-stick frying pan over medium heat. Add leek and garlic and cook, stirring often, for 5 minutes until tender. Add mushrooms and cook for 2 minutes. Stir in stock and sour and light cream. Reduce heat to low, cover and simmer, stirring occasionally, for 20 minutes until mushrooms are tender. Keep warm.
2. Cook the pasta following packet directions. Drain. Toss pasta through the mushroom sauce. Season with salt and pepper to taste. Spoon onto serving plates, sprinkle with rocket and serve with grated parmesan cheese.



Swiss Brown Mushrooms

- Supply six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).
- A source of potassium, which helps balance the salt in our diets