Dinner

Mushroom Ragu with Spiralised Courgette and Carrot

Silky mixed mushrooms and leeks cooked with garlic, chilli flakes and oregano make a savoury sauce that is finished with a swirl of 0% fat yoghurt. It is spooned over strands of courgette and carrot and topped with toasted seeds, black pepper, Parmesan cheese shavings and fresh basil.



Gluten free

15 min	179	11.5 g	8.7 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 tsp rapeseed oil
- [ ] 1 leek, finely sliced
- [ ] 250 g mixed mushrooms
- [ ] 2 cloves garlic, very thinly sliced
- [ ] pinch chilli flakes
- [ ] 1 heaped tsp dried oregano
- [ ] 2 tsp pumpkin seeds, toasted
- [ ] 2 tsp sunflower seeds, toasted
- [ ] 1 courgette, spiralised
- [ ] 1 large carrot, spiralised
- [ ] 2 tbsp 0% fat yoghurt
- [ ] good grind black pepper
- [ ] 5 g Parmesan cheese shavings
- [ ] sprigs fresh basil, to garnish

Method

- [ ] 1 Warm the rapeseed oil in a pan and cook the finely sliced leek gently for 3-4 minutes, stirring regularly.
- [ ] 2 Tip in the mixed mushrooms, very thinly sliced garlic, chilli flakes and dried oregano, then keep cooking gently for 5 minutes, stirring often.
- [ ] 3 While the mushrooms cook, toast the pumpkin seeds and sunflower seeds and set them aside.
- [ ] 4 Plunge the spiralised courgette and carrot into boiling water for 2 minutes.
- [ ] 5 Just before serving, stir the 0% fat yoghurt through the mushroom mixture.
- [ ] 6 Divide the courgette and carrot between 2 bowls, spoon the mushroom sauce over the top, and finish each bowl with the toasted pumpkin seeds and sunflower seeds, a good grind of black pepper, a few Parmesan cheese shavings and a sprig of fresh basil.

Nutrition Facts

Per serving

Calories	**179**
Total fat	8.1 g
Saturated fat	1.5 g
Sodium	Not listed
Total carbs	11.5 g
Fiber	8.2 g
Total sugars	8.7 g
Protein	11 g

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