

'What's Cooking!' Recipe Cards

CHESTNUT & MUSHROOM SPREAD

**Food Fact:-**

Mushrooms are low in carbohydrates, calories and sodium and are cholesterol and fat free!

They are high in riboflavin (B2) and contain as much fibre as one medium tomato.

Mushrooms are an excellent source of potassium, a mineral that helps lower elevated blood pressure and reduces the risk of stroke.

Preparation time 6 mins

Cooking time 12 mins

Serves 8-10

**REAL FOOD
WORKS**

CHESTNUT & MUSHROOM SPREAD

Ingredients

1. In a microwavable dish, melt the butter and gently cook the onion and garlic in it for 2-3 minutes on HIGH.
2. Coarsely chop the mushrooms, then add to the onion and garlic. Stir in the thyme and season with salt and pepper.
3. Cover and cook on HIGH for 3 mins or until they have softened.
4. Stir in the optional sherry or wine. Cook uncovered on HIGH, stirring occasionally, until most of the liquid has evaporated 6-9mins.
5. Add the mixture to the ground chestnuts and process until thoroughly combined.
6. Can be stored in a fridge for 2-3 days or frozen.

175g (1 cup) ground, cooked chestnuts
50gm (2 oz) margarine/butter
1 small-medium onion, chopped
1 garlic clove, chopped
450gm (1lb) large flat mushrooms, trimmed and cleaned
1/2 tsp fresh thyme or 1/4 tsp dried
Salt and freshly ground black pepper to taste (optional)
1-2 tbsp sherry or red wine

