

'What's Cooking!' Recipe Cards

MUSHROOM PATE**Food Fact:-**

Mushrooms are less colourful than other fruits and vegetables and are often overlooked for their nutritional value as well.

Mushrooms are actually very nutrient dense providing a range of many essential minerals, nutrients and antioxidants.

Serves 4

Preparation time 10 mins

Cooking time 8 mins

**MUSHROOM PATE****Ingredients**

1. In a microwaveable dish add the butter, onion and tomato purée, cook, uncovered, for 2 minute on HIGH
2. Add the coarsely chopped mushrooms; cook uncovered, on HIGH, for 5-6 minutes.
3. Leave to stand and cool, drain off the juice (use in sauces or gravy)
4. Stir in the cream cheese and chopped parsley.
5. Spread on the toast/crackers and garnish with parsley.

220g/8oz mushrooms, coarsely chopped
60g/2oz butter/margarine
2 shallots/one small onion, finely chopped
2 tbsp tomato purée
6-8 tbsp cream cheese
2 tbsp fresh parsley, chopped (1 tsp dried)
4-6 slices bread, toasted or crackers
parsley, to garnish

Will freeze or keep in a fridge for 2-3 days