

Creamy Garlic Mushrooms *Week 2*

Ingredients

- 9 oz mushrooms (white or brown)
- 1 small onion
- 1 clove garlic
- 2-3 tbsp olive oil
- $\frac{1}{2}$ cup cream (make it vegan with coconut cream)

Method

Give the mushrooms a quick wash.

Slice length-ways and add to a pan with olive oil on medium heat, frying for about five-six minutes.

Chop the onion and garlic and add to the pan. Fry for another five minutes or so, until soft.

Add the cream.

Bring to the boil, then reduce heat and simmer for another five minutes. Voilà!