

## Vegetable Stroganoff *Week 4*

### **Ingredients**

1 large onion, peeled and chopped

4 oz (112 g) mushrooms, wiped and chopped

Olive oil

Vegetable stock.

5 fl oz (140 ml) sour cream or natural yoghurt

2 fl oz (56 ml) water

1 lb (450 g) mixed raw vegetables (carrots, courgettes, cauliflower, broccoli etc), chopped

### **Instructions**

Steam the vegetables until tender.

Sauté the mushrooms and onion in the olive oil until soft, then add the stock and water. Simmer for a few minutes and stir in the sour cream or yoghurt and allow to warm through.

Toss in the steamed vegetables.

Serve hot with noodles.