



Plant Based
RECIPES

Creamy
Mushrooms and beans
with **Mushrooms & Truffle** spread



You will need

1 tbsp of oil

50 gr of mushrooms sliced

½ red onion, sliced

2 cloves of garlic, sliced

100 ml vegetable stock

50 ml coconut cream

2 tbsp mushrooms and truffle spread

A handful of baby spinach

1 tsp of oregano

150 gr of cooked beans



Method

- In a hot pan, add oil, and start by frying the mushrooms
- After 5 minutes, add in the onions
- Cook for 2 minutes and add in the garlic
- After another minute, pour in the stock, coconut cream and mushrooms and truffle spread
- Mix nicely, lower the heat, and bring to a gentle simmer
- Add the spinach and season with oregano
- Cook until spinach has wilted and then toss in the cooked beans
- Cook for 2 more minutes and serve

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SERVES



PREP TIME



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