

## Mushroom Stroganoff

### Ingredients

- 1 tbsp oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 500 g (~ 17 1/2 oz) mushrooms, sliced or diced
- 1 tsp smoked paprika
- 70 ml (~ 1/4 cup) vegetable stock
- 2 tbsp sour cream
- Salt
- Black pepper
- 4 tbsp fresh parsley, chopped
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### Instructions

1. Heat the oil in a large frying pan or wok, and add the onion. Cook for a few minutes over a medium heat, until slightly softened. Add the garlic and sliced mushrooms, and cook for a further 5 minutes, or until the mushrooms are thoroughly cooked.
2. Coat the mushrooms in the smoked paprika, then add the vegetable stock and sour cream. Bring to a gentle simmer, and cook until the mixture has come together into a silky sauce.
3. Season to taste, and serve topped with plenty of fresh parsley.

