



A very tasty side to go with our Chicken Pakora the other evening.

Ingredients:-

2 Tbsp of (Dairy Free) Margarine
1 Tbsp of Oil
100g of Mushrooms, quartered
2 Spring Onions, chopped
2 Cloves of Garlic, minced
1 Courgette, cut into half moons
½ Tbsp of Umami Mushroom Powder
A handful of Parsley, chopped
2 Dried Chillies, crushed
½ Tsp of Cumin Seeds
½ Tsp of Mustard Seeds

Method:-

- (1) Add the Margarine and Oil over a medium heat.
- (2) Fry the Mushrooms until browned.
- (3) Remove and set aside.
- (4) Add the Spring Onions & Garlic and fry until fragrant.
- (5) Add the Courgettes and fry until softened slightly.
- (6) Return the Mushrooms to the pan and add the Parsley, Mushroom Powder & Chillies.
- (7) Mix well and serve.

