



INGREDIENTS

- 1 onion
- 2 cloves garlic
- 1 tsp coriander
- ½ tsp chilli powder
- 1 tsp nutmeg
- 400g tomatoes
- 1 tbsp lemon juice
- 3 large mushrooms or 300g mushrooms of choice, sliced
- 100g shredded lettuce
- 1 small handful chopped parsley
- 150g brown rice

FROM YOUR CUPBOARD

- 1 tsp oil

Mushroom Ragout



Serves: 
Prep & Cook: 28 mins
VEGETARIAN

SUTTON
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1 To cook the rice, bring a large pan of water to the boil. Add salt if required. Add rice to the pan and stir. Return to a medium heat and boil for 25-28mins. Drain well and serve.

2 While the rice is cooking, chop the onions and garlic.

3 Fry them together in 1 teaspoon of oil.

4 Add half the chilli powder and all of the other spice and cook for 1 minute.

5 Add the tomato and cook down for 2 minutes.

6 Add the sliced mushrooms and chopped parsley and simmer for about 6 to 7 minutes.

7 Add the lemon juice a minute before the end of cooking, along with the other ¼ tsp chilli powder for an extra bite!

8 Either add the lettuce with the lemon juice and stir through or serve fresh scattered on top.

9 Season to taste and serve.

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