

Vegan Stroganoff

Serves 4

- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon coconut oil
- 400 g mushrooms (or 1 small can), sliced
- 450 g ground meat substitute
- 1 ½ cups (600 ml) vegetable stock
- ½ cup (200 ml) coconut milk
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice or lime juice
- 1 tablespoon Dijon mustard
- Salt to taste
- 2 teaspoons fresh thyme /1 teaspoon dried thyme
- 2 tablespoons fresh parsley, chopped
- Pasta noodles to serve 4



Add mushrooms to a large pot and cook on medium heat until brown, add oil, onions and garlic and continue to cook until onions soften. Add ground meat substitute, breaking in up into bite sized pieces. Mix vegetable stock, coconut milk, lemon juice and Dijon mustard in a 2-cup volume measuring cup. Add 1 ½ cups of the liquid mixture into the pot and stir well. Add 1 tablespoon of cornstarch to the reserved liquid mixture, stir well and add to pot. Add thyme and parsley continuing to stir to incorporate until the sauce thickens. Boil pasta according to package directions and drain. Add drained pasta to the stroganoff and stir to coat pasta with thickened sauce.