

Mushrooms a la Grecque



Growing up in France in the 80's, 'champignons a la Grecque' were a real classic everywhere you went. I remember scooping them into plastic containers at the supermarket deli for picnics, or tucking into them during al fresco summer meals outdoors. When I received a punnet of button mushrooms with my organic veggie box last week, it suddenly dawned on me how much I missed the zing and bite of this moreish dish.

I recommend making a large batch (as they will shrink to about a quarter of their original size!) Maybe 2 or 3 times the amount in this recipe. They keep beautifully in the fridge for a few days in a closed container, and will liven up a salad or lunch box any time. Combine them, tapas style with some protein food – sardines, chicken cuts, nuts, a lentil salad, some cubes of feta cheese, and other salad vegetables.

Mushrooms of all kinds have very powerful immune boosting properties thanks to a compound called 'beta glucans', and they are also the only food from the veggie aisle that contain vitamin D. They are one of the vegetables with the highest levels of selenium, a mineral with powerful antioxidant benefits, also known for benefiting the immune system.

Ingredients

250g mushrooms (whole button mushrooms, or larger mushrooms halves or sliced thickly)
3 tbsp mild olive oil
1 tbsp tomato concentrate
2 tbsp lemon juice
1 tbsp vinegar (apple cider or white wine)
2 cloves garlic, crushed
½ tsp chilli flakes (or to suit your taste)
1 or 2 bay leaves

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1 tsp oregano (dry or fresh)

1 tsp whole coriander seeds, crushed (you can use a pestle and mortar, or improvise by breaking them open by pressing down with the flat side of a large knife on a wooden chopping board)

Pinch of sea salt

Pepper

Fresh chopped parsley, to serve.

Preparation

1. Clean the mushrooms and cut the end of the stem off
2. Combine all of the ingredients together into a pan except for the mushrooms
3. Mix them over a medium heat for about a minute to allow the flavours to be released
4. Add the mushrooms and coat them with the sauce. Cover with a lid for a few minutes or until the mushrooms have reduced in size and released their juice into the sauce.
5. Leave to cool before eating (or keep in the fridge)
6. Sprinkle the freshly chopped parsley on top and enjoy!