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by Liz Robb

Creamy Mushroom and Spinach Tagliatelle



Ingredients

2 shallots
200g small chestnut mushrooms
2 cloves of garlic
A knob of butter
1 tablespoon of olive oil
A few sprigs of fresh thyme
1 tablespoon of plain flour
5-6 heaped tablespoons of low fat crème fraiche
Salt and freshly milled black pepper
200g fresh tagliatelle
75g fresh baby spinach leaves
Fresh parmesan cheese

Servings

2

Person

Preparation

- 1 Peel the shallots and chop them very finely. Wipe the mushrooms and slice them thinly. Peel and crush the garlic cloves.
- 2 Heat the butter and oil together in a large saucepan over a low heat. Gently sauté the shallot and garlic for about 3 minutes, until soft and pale brown.
- 3 Add the sliced mushrooms and cook for a further 8-10 minutes, allowing most of the water coming from the mushrooms to evaporate.
- 4 Finely chop the thyme leaves and stir into the mushroom mixture.
- 5 Sprinkle in the flour, stir and cook for a minute or two.
- 6 Next stir in the crème fraiche and simmer gently for a few minutes to thicken. Season with salt and black pepper.
- 7 Meanwhile, cook the pasta in plenty of boiling salted water for about 4 minutes, or until just al dente. Drain well, add to the sauce and toss them well together.

- 8 Add the baby spinach leaves and toss with the pasta
- 9 they will only take a moment to wilt, then the pasta is ready to eat.
- 10 Serve immediately with plenty of fresh parmesan grated on the top.

Cooks Note

A simple but tasty pasta dish using fresh tagliatelle, chestnut mushrooms and baby spinach, all in a creamy sauce, this is really quick and easy to put together.

Serve simply as it is with a side salad, or use to accompany salmon steaks or freshly grilled prawns, or possibly a juicy steak.

Serves 2.

- To make this dish vegetarian, just substitute the parmesan for a vegetarian hard cheese.
 - Try using fresh basil instead of thyme.
 - To give the pasta a kick, finely chop a fresh red chilli to stir in, or a few dried chilli flakes.
 - You can, of course, use dried pasta, although I think fresh is always better if you can get it.
 - I cook with low fat crème fraiche wherever I can to reduce the fat content of my foo
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