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Creamy Mushroom and Spinach Tagliatelle

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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**