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by Liz Robb

Just a few good ingredients make a quick and simple but delicious pasta dish, with

a sauce of delicate wild mushrooms, sharp creamy Stilton cheese and green peas.

Ingredients

1 small onion
1 clove of garlic
100g chestnut mushrooms
150g wild mushrooms*
180g penne pasta
70g petit pois
Olive oil
1 lemon
125g Stilton cheese
**100ml low fat single cream
A small handful of parsley
Black pepper

Servings
2
Person

Preparation

1. Cook the pasta according to the instructions on the packet until just al dente. Also, add the frozen petit pois to the pasta for the last 2-3 minutes of cooking time. Drain thoroughly.
2. Meanwhile, peel and finely chop the onion and the garlic. Heat a tablespoon of olive oil in a large saucepan and gently saute the onion for 2 minutes. Add the garlic and cook for a further 2 minutes.
3. Wipe and slice the mushrooms. Add the chestnut mushrooms to the pan and saute gently for another 2 minutes, and then stir in the other mushrooms to cook for 3 minutes. Add a squeeze of lemon juice, just about a teaspoon full.
4. Crumble in about two thirds of the Stilton cheese, stir in the cream and bring to a gentle simmer to warm through. Season to taste with black pepper.
5. Add the drained pasta and peas to the sauce, mix well and warm through. Immediately before serving, crumble in the remaining Stilton cheese, stir briefly and spoon into dishes. Garnish with a little chopped parsley.

Cooks Note

*I used a mixture of oyster and shitake mushrooms, but just use whatever you have or prefer.
**I chose a low fat cream to reduce the fat content, and it works fine, but feel free to use full fat or even double cream if you'd rather.