

Creamy wild mushroom courgetti

Recipe from Tom Kerridge,

Serves: 4 Calories: 320 per serving

1kg courgettes, spiralized
50g dried porcini mushrooms
250ml just-boiled water
1 tbsp olive oil
1 onion, finely diced
4 garlic cloves, finely chopped
250g chestnut mushrooms, thickly sliced
1 tbsp thyme leaves
300ml light single cream alternative
100g porcini and truffle paste (or umami paste)
2 tbsp flat-leaf parsley leaves, finely chopped
Flaky sea salt and freshly ground black pepper
20g grated Parmesan, to finish

1. Put the spiralized courgettes into a bowl and sprinkle generously with salt. Mix well with your hands, then leave to stand and wilt for 20 minutes. Drain, patting the courgette firmly with kitchen paper to remove excess water and salt.
2. Meanwhile, put the dried porcini into a small bowl and pour on the just-boiled water. Cover with cling film and leave to soak for 15 minutes.
3. Heat the olive oil in a large non-stick sauté pan. Add the onion and cook over a medium heat for 4–5 minutes until softened, adding a splash of water if it starts to stick. Stir in the garlic and cook for 2 minutes.
4. Add the chestnut mushrooms, then strain the porcini soaking liquid into the pan. Chop the rehydrated porcini and add them to the pan with the thyme leaves, 'cream' and porcini and truffle paste. Lower the heat to a simmer and cook for 5 minutes or until the sauce thickens slightly.
5. Stir through the parsley, then add the courgetti and toss to coat. Season with salt and pepper and cook over a medium heat for 2 minutes.

Transfer to warmed bowls and sprinkle with the Parmesan.