
MUSHROOM, WALNUT & LEMON SPAGHETTI

 VEG, RSF, GF  30 mins  4-6



Ingredients

- 400g mushrooms (I used a mix of 'Portobello' & 'Swiss Brown')
- ¾ cup toasted walnuts, roughly chopped
- 2 cloves garlic, finely chopped
- Zest of 2 large lemons
- 1 small bunch thyme (leaves only, discard the stalks)
- 1 bunch parsley, finely chopped
- 1 cup natural yoghurt
- 100g parmesan, finely grated
- 350g spaghetti (I used 'Barilla' gluten free spaghetti)
- Olive oil
- Sea salt
- Freshly cracked black pepper



Method

1. Add a little olive oil and sea salt to a large pan, add half the mushrooms and thyme and cook on high heat until browned.
2. Remove the mushrooms from the pan and then repeat with the second batch of mushrooms.
3. Add the first batch of mushrooms back into the pan with the second batch then add the garlic, lemon zest, and walnuts and saute for a couple of minutes.
4. Remove the pan from the heat, add the natural yoghurt and parsley and stir through.
5. Cook the pasta according to packet instructions.
6. Once the pasta is cooked, drain the pasta but keep ¾ cup of the pasta water.
7. Drizzle the pasta with a little olive oil and stir in the mushroom mix, pasta water and the parmesan.
8. Serve with freshly cracked pepper and an extra drizzle of olive oil.

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