

Mushroom Carbonara

I've been back in Austin for ten days and haven't had much time to settle into our new kitchen space. You know the deal – meal prep can feel clumsy and foreign when nothing is quite where you expect it to be. Although I'm still shifting what goes where and discovering what I unintentionally packed away in storage, hunger calls and meal prep continues on!

In my jet-lagged scroll through Instagram, I came across this winner from Wickedly Healthy. Given my love for mushrooms, there was not a bit of hesitation on my side, and the fact that there wasn't a bite remaining for leftovers means it was a big hit with the guys as well!

Ingredients:

Original recipe ingredients are listed below with my adaptations in parenthesis.

Mushroom "Bacon"

240g shiitake mushrooms, sliced (or a mix of Portobello, Shiitake and Baby Bellas)

4 T low-sodium soy sauce (replace with Coconut Aminos or Tamari for Gluten Free)

2 T olive oil

3/4 t smoked paprika

1 t garlic granules

1/4 t black pepper

Sauce

75g dairy-free butter (Earth Balance coconut spread)

1 medium onion, diced

4 garlic cloves, finely chopped

60g plain flour (can use arrowroot or a gluten-free blend)

200ml white wine (or veggie broth)

700ml unsweetened soy or almond milk (skip the soy and use a

creamy choice such as almond, cashew or coconut)

1 tbsp miso paste

1/2 tsp smoked paprika

1/2 tsp garlic granules

to finish

500g spaghetti (gluten free or grain free)

240g frozen peas

1 tbsp capers

chopped fresh parsley, to serve

Directions:

To make the mushroom bacon, preheat the oven to 425 degrees Fahrenheit. Place the mushrooms in a small bowl with the soy sauce, oil, paprika, garlic granules and 1/4 tsp black pepper; stir to coat. Set aside to marinate for 15 mins. Spread evenly over a lined baking sheet and bake on top rack for 30 mins, then set aside.

Meanwhile, heat the plant-based butter in a saucepan over a medium-high heat. Add the onion and garlic and fry for 3 mins until they begin to soften. Stir in the flour then gradually add the wine, whisking to create a smooth roux. Whisk in the milk, miso, smoked paprika, garlic granules and simmer for 5 minutes.

Remove from the heat, put in a blender and blitz until smooth (or use an immersion blender). Transfer to a clean saucepan and reheat over a low-medium heat, stirring regularly.

Cook the spaghetti in a large pan of boiling water for 10-12 mins or until al dente, adding the peas for the last 3 mins. Drain then return the spaghetti and peas to the pan. Pour over the creamy sauce, then add the capers and reserved mushroom bacon. Mix well, then serve immediately sprinkled with the parsley.

Enjoy!!!