

Fruit & Vege Co-op



Mushrooms

STORAGE	PREPARATION
<ul style="list-style-type: none">- Refrigerate in a paper bag in the vegetable compartment.- Mushrooms continue to grow after harvesting and they will respire or 'sweat' in plastic bags.- Brown paper bags will absorb moisture and keep mushrooms fresher.	<p>Cultivated mushrooms don't need peeling – just wipe both the cap and stalk with a paper towel. Do not wash.</p>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Mushrooms can add a delicious meaty flavour to meals and can be substituted for meat in stews and stir-fries.- Sautéed in butter and garlic and served on grainy toast mushrooms make a delicious lunch or mid-afternoon snack.- Mushrooms can be eaten raw and are a delicious addition to sandwiches and salads.	<ul style="list-style-type: none">- Mushrooms are very versatile and will add flavour to many dishes.- They can be used with meat, in soups, sauces, braises, stews, stir-fries, omelettes, pies, salads and on pizzas.- Serve them raw with a dip or in salads.

COOKING

Mushrooms can be fried, grilled, baked, stir fried or microwaved.

RECIPE: Vegetarian Lasagne (Serves 6)

Adapted from Food in a Minute Potato Favourites

- 1 Tbsp vegetable oil
- 1 onion, peeled and finely sliced
- 250g mushrooms, sliced
- 1 stick of celery finely sliced
- 1 carrot, peeled and grated
- ½ cup tomato paste
- 400g can tomatoes
- ¼ cup torn fresh basil and parsley leaves OR 1 Tbsp dried basil and oregano
- 750g starchy potatoes, peeled and thinly sliced
- 1 packet dried instant lasagne
- 350g washed spinach or silverbeet (stalks removed)
- 250g sour cream
- ¾ cup grated cheese



1. Heat 1 Tbsp of oil in a non-stick pan and cook the onion, mushrooms, celery and carrot for 3 to 4 minutes until the vegetables are a little soft. Increase the heat, add the tomato paste and cook a further 1 to 2 minutes.
2. Add the tomatoes, fresh or dried herbs and stir well. Set aside.
3. Cook the potatoes in a pot of boiling salted water for 5 to 10 minutes, drain well.
4. Spread half a cup of the tomato mixture into the base of a lasagne dish. Place a single lasagne sheet on top.
5. Spread over half of the spinach or silverbeet and half of the remaining tomato mixture, half of the cooked potatoes.
6. Top with a second layer of lasagne, followed by the remaining spinach, tomato mixture and potatoes.
7. Stir the grated cheese into the sour cream and spread across the top of the lasagne.
8. Bake at 180°C for 45 minutes or until golden brown. Leave to cool for 10 minutes before serving.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op