

Mushroom Dip or Pate

Mushrooms are a great source of B vitamins and walnuts are packed with protein and a fabulous source of omega 3.

You can make this in a blender for a smooth pate or in a food processor for a dip that has some texture. I prefer the food processor.

Ingredients

2 cups mushrooms sliced
1 small onion diced
6 small garlic cloves minced
2 tsp dried thyme
2 tsp tamari or to taste
Splash olive oil
Pepper
Salt to taste
½ cup walnuts

Method

1. Fry the onions with a pinch of salt and a splash of olive oil for 2 minutes then add the garlic and fry for a minute. Next add the mushrooms and thyme and cook until the mushrooms are tender.
2. In another pan toast the walnuts.
3. Process the walnuts in a food processor and then add the mushroom mixture and process until mixed together. Add the pepper and tamari to taste.



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