

# QUORN PIECES, MUSHROOM & TARRAGON PATE



## INGREDIENTS

**200g Quorn Pieces, defrosted**

30g butter

2 shallots, finely diced

2 clove garlic, crushed

200g fresh mushrooms (button, flat, chestnut, portabello etc), diced

6g dried porcini mushrooms, rehydrated in the hot water, then roughly chopped

1 vegetable stock cube, crumbled into 200mls hot water

2 tbsp chopped tarragon

100g low fat cream cheese

Salt and freshly ground black pepper to taste

## METHOD

1. Heat the butter in a frying pan and gently fry the shallot for 2-3 minutes, add the garlic and cook for a further 1 minute. Add the fresh and porcini mushrooms and cook for a further 5 minutes.
2. Add the Quorn Pieces, vegetable stock, half of the tarragon and continue to fry for a further 5 minutes.
3. Pour three quarters of the mixture into a food processor.
4. Add the cream cheese and blitz all the ingredients until smooth, stir in the remaining mushroom mixture and tarragon and season to taste
5. Spoon into ramekins and refrigerate. Serve at room temperature with crusty bread.

**HELPING THE PLANET  
ONE BITE AT A TIME**