

Flying Inspiration

Fly with the feminine

Parasol mushrooms in tomato sauce

Suggestions: a very tasty vegetarian dish perfect for summer when you can pick parasol mushrooms. It is rich in minerals like phosphorus, iron, magnesium, potassium, manganese and zinc and vitamins of the B group, vitamin C, D, E and K.

extra virgin
olive oil



bay leaves

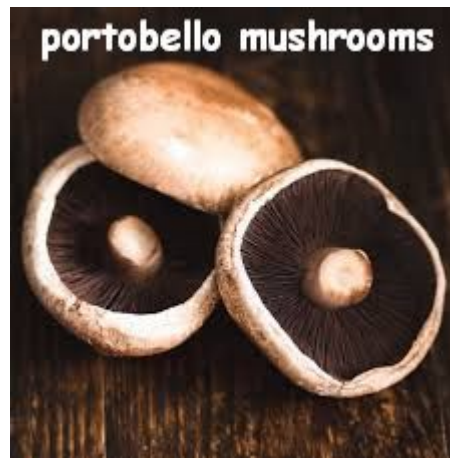


rosemary



chillies

Heat some extra virgin olive oil in a pan, add some finely chopped onions, some coconut cream flakes, some fresh chillies sliced finely and some bay leaves or rosemary. Let it all sizzle for a while. Stir it and cover it with a lid to cook at medium heat.



sea salt



tomato sauce

Slice some parasol mushrooms that you have picked up or, if you don't have them, you can buy some Portobello mushrooms and add them to the pan with some salt. When the mushrooms are reducing, add some tomato sauce (sieved tomato or passata) to the mix and let it cook until the sauce is reducing and tastes okay.

You can eat the mushrooms with some boiled rice, with polenta or add them to the pasta of your taste.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com