



A simple stir fry served over pasta is easily adaptable to the season and when fresh wild mushrooms, baby spinach, spring onions, or ramps are available. Ramps have an undeniably garlicky flavor that mellows out when cooked. Rounding out the vegetable sauté are Buna-Shimeji, also known as Brown Beech Mushrooms, which are available year-round and readily available at most grocery stores. Its mild, sweet, and nutty taste is rich in flavor with a firm texture and are ideal for sauces, soups and stir-fries.

Shimeji, Spinach & Spring Onion Pasta

INGREDIENTS

1 tbsp/15 ml olive oil
1 tbsp/15 ml plant-based butter
1 large onion, sliced
2 whole garlic cloves, chopped, or to taste
4 spring onions, whites and greens, chopped
16 oz/454 grams Buna-Shimeji or assorted wild mushrooms
2 cups/500 ml vegetable stock, heated
1 tbsp/15 ml fresh thyme, chopped
1 lb Fresh baby spinach leaves
Spring onions or ramps when in season
Salt and pepper, to taste
8 oz/224 g uncooked trofie pasta or angel hair pasta

METHOD

In a large pot of boiling salted water, cook the trofie or angel hair pasta until slightly tender. Drain the pasta, pour it back into the empty pot, and put the lid on to keep warm while you prepare the topping.

Add the oil and butter, and sauté the onions and garlic in a large skillet until soft and translucent, about 5 minutes. Add the sliced mushrooms and sauté on low until mushrooms start to brown. Turn the heat up to medium and continue to sauté until the mixture is golden brown and sticks to the bottom of the pan. Reduce heat to low, and deglaze the pan by adding $\frac{1}{2}$ cup/125 ml of the 2 cups/500 ml of heated vegetable stock at a time. Reduce by half before adding more stock. The stock will absorb the flavorful bits from the bottom of the pan as it reduces. Repeat for the balance of the stock. Add spinach and spring onions and cook until wilted. Add the fresh thyme and adjust the seasoning with salt and pepper to taste. Add the cooked pasta to the mushroom-vegetable mixture and stir to combine. Serve piping hot.