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RECIPE: Onion, mushroom and cream Sauteed with Meat/Fish

<https://www.youtube.com/watch?v=OqhbWJ8SOJA>

INGREDIENTS

- 2 TBS olive oil
- 350 g mushrooms clean and cut
- Whole small onion or half a big one
- Sea salt
- Freshly ground black pepper
- 15ml cream
- 300 grams protein (best chicken or hake) cut in large bite size pieces

HOW TO

Put oil in large hot pan and heat it up, add mushrooms, onion, salt and pepper to taste and cook for about 8 minutes, or until the onions have softened and the mushrooms are starting to caramelise and take on colour.

Add the chopped parsley, and the protein, cook for some minutes until basically done (chicken and hake will be opaque) then pour in the cream. Continue to stir and cook until the cream has come to the boil, then turn down the heat and simmer for a minute before removing from the heat.