



SPICY PORCINI MUSHROOM PASTA

INGREDIENTS

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

6 SERVINGS

1 small package dried porcini mushrooms (30g)

1/2 cup boiling water

1/3 cup olive oil

2 cloves of garlic, finely chopped

1 pinch of dried hot chili pepper flakes

1/2 pint of white mushrooms, quartered

1/4 teaspoon dried sage or 2 fresh leaves, chopped

1/2 cup mini bocconcini mozzarella cheese

1/3 cup fresh parsley, chopped

*1/2 lb of any dried pasta,
(preferably short pasta)*

Nutrient Analysis

PER SERVING (1/6 of recipe)

Renal exchange:

2 Starch + 1 Protein + 1 Vegetable

Calories **337kcal**

Protein **10g**

Carbohydrates **36g**

Fibre **2g**

Total Fat **17g**

Saturated Fat **4g**

Cholesterol **13mg**

Sodium **7mg**

Potassium **219mg**

Phosphorus **154mg**

SUGGESTION

Make ahead of time or freeze in portions.

This pasta is wonderful when paired with grilled meat or fish.

Note: *Recipe can easily be doubled. Leftovers freeze well.*

Defrost in fridge overnight, heat adding 2 tablespoons of water and serve.

PREPARATION

- 1** Rehydrate the porcini mushrooms with 1/2 cup hot water.
- 2** Bring 3 litres of water to boil for the pasta.
- 3** Meanwhile prepare the sauce by heating the oil over medium heat in a large pan. The pan needs to be large enough to hold the noodles once cooked.
- 4** Add the garlic and hot pepper flakes, cooking them until garlic turns golden.
- 5** Add the white mushrooms, raise the temperature to medium-high and continue to cook.
- 6** Cook pasta in boiling water according to package directions.
- 7** Squeeze the liquid from the porcini, reserving it for the sauce. Chop the porcini and add to the pan.
- 8** Pour the soaking liquid through a fine sieve into the pan.
- 9** Add sage and cook for 5 minutes.
- 10** Drain the pasta (DO NOT RINSE) and toss into the pan with the mushroom sauce while hot. Add bocconcini cheese, parsley and serve.