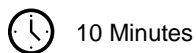


# Creamy Mushroom Sauce



10 Minutes



3 Serves



Easy



The French may scream..." where's the sauce?" ...well, look no further...it is here!

This light and creamy mushroom sauce pairs especially well with chicken and pork, but my hubby also loves pouring this over steamed veggies or even beef fillet (although personally, if I were using this over beef, I would change the pork stock for beef stock and the button mushrooms to portabello's).

It is so simple to make and reheats well so it's great if you are taking leftovers for your lunch or preparing a meal ahead of time. I have said that this recipe makes 3 serves, but really, it could quite easily stretch to 4 serves...I am just a little greedy and like to keep the serve on the larger side. If you like the sauce a little thinner, you can add more or less water/cream and more or less xanthan/glucomannan.

I often serve this sauce with pork chops or a pan fried or baked chicken fillet. If you wanted to go meat free, you could also just use this sauce like a pasta sauce and serve it over some shirataki noodles, zoodles or perhaps some green beans or asparagus.

However you choose to use this sauce, just believe me when I tell you it is quick and easy to prepare and very tasty indeed.

## INGREDIENTS

1	Pork stock cube
150g	Button Mushrooms, finely sliced
100ml	Cream
150ml	Water, hot
Pinch	Pink Himalayan Salt and Pepper (optional)
¼-½ tsp	Xanthan Gum or Glucomannan Powder

## METHOD

1. Place the hot water and stock cube in a heatproof jug and mix to dissolve the stock cube.
2. Place the stock liquid and the sliced mushrooms into a saucepan over medium heat.
3. Add a pinch of pink Himalayan salt and/or pepper if you like, however, just note that the pork stock makes the sauce quite salty without any additions.
4. Cover and let the mixture simmer for 2-3 minutes. This allows the mushrooms to cook through and soak in the flavour of the stock.
5. When the mushrooms are looking tender, add the cream and stir to combine. Continue to simmer the mixture for another 2 minutes or so and then sprinkle over the xanthan or glucomannan powder and stir quickly to combine before lumps can form.
6. When the sauce has thickened to the consistency you like, remove and pour into a sauce jug or bowl. If the sauce is too runny, cook for a further 2-3 minutes or add more xanthan/glucomannan (go sparingly with the xanthan/glucomannan, as it can create a slippery mouth feel if you add too much). If the sauce is too thick, add more water or cream, bearing in mind that if you add cream, you will need to readjust the macros.

Nutritional Information <i>(per serve)</i>					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
143	13.4g	2.7g	3.9g	1.2g	2.7g