

# **Garlic Mushroom Pasta Recipe**

**Prep time:** 10min    **Cook time:** 20min    **Total time:** 30min    **Serves:** 4

## **Ingredients**

- Low-calorie cooking spray
- 200g mushrooms
- 1 onion, finely diced
- 3 cloves of garlic, finely diced
- Salt & pepper
- 1 tsp Dried Parsley
- 120g low-fat cream cheese
- 1/2 teaspoon wholegrain mustard
- 2 nests of Tagliatelli, cooked, or any pasta of your choice

## **Instructions**

1. Spray a pan with low-calorie cooking spray
2. Add the diced onions and cook until softened.
3. Add the mushrooms and stir
4. Add the garlic, and continue to cook for 3 mins, careful not to burn the garlic.
5. Add the salt, pepper and parsley.
6. Meanwhile, cook the pasta as per the pack instructions.
7. Add the cream cheese and mustard, and stir until it melts
8. Add 4 tbsp pasta water to the sauce and stir until smooth and creamy. Add more if required.
9. Add the pasta to the sauce and mix until it is covered.