



**VEGETARIAN
EXPRESS**



Vegan Gravy

Ingredients

- 50g vegan butter or margarine
- 2 shallots, very finely chopped
- 3 garlic cloves, finely sliced
- 1 medium carrot, very thinly sliced
- 400ml (7floz) gluten free dark vegetable stock
- a handful of pieces of dried porcini mushrooms
- 20ml tamari or soy sauce
- 1 tsp soft brown sugar
- 100ml (2floz) vegan red wine
- a small piece of red chilli, chopped to a fine speck
- 1-2 tsp arrowroot, dissolved in cold water
- a few chives, very finely snipped
- freshly ground black pepper

Method | **SERVES 8**

- Soak the porcini mushrooms in the vegetable stock for about 20 minutes.
- Melt the butter in a large frying pan, making sure it does not brown.
- Add the shallot, garlic and carrot and cook for a few minutes until softened, stirring steadily with a wooden spoon.
- Add the stock and mushrooms and continue to stir quite vigorously. Then add the red wine and tamari or soy sauce.
- Stir through the chilli, black pepper and chives. Add just a pinch of sugar, this brings out the chilli and pepper flavours nicely.
- Taste for seasoning, then stir through the arrowroot. Continue to stir until no trace of flouriness remains.

Typical Nutritional Values

	per 100g	serving 90g
Energy	274kJ 66Kcal	247kJ 59kcal
Fat	4.7g	4.2g
of which Saturate	1.5g	1.4g
Carbohydrate	4.6g	4.1g
of which Sugars	1.5g	1.4g
Fibre	1g	0.9g
Protein	1.3g	1.2g
Salt	1.5g	1.4g

Suitable for: Vegan, Dairy free,
Gluten free

Allergens: Soya, Celery, Sulphur
Dioxide/Sulphites