

**RYVITA**[®]

Garlic & Thyme Wild Mushrooms with Tarragon Crème Fraiche

Preparation time: 15 minutes

Recipe by: Ryvita



INGREDIENTS

- 1 tbsp. butter (salted 14.8g)
- 200g chestnut mushrooms, sliced
- 1 clove garlic, finely sliced (3g)
- 1 tsp fresh thyme leaves (4g)
- 1 tsp tarragon leaves, roughly chopped (4g)
- 1 tbsp. reduced fat crème fraiche
- 1 tbsp. natural yogurt
- 4 Ryvita Multigrain Rye Cakes (64g)

METHOD

1. Heat the butter in a frying pan and when it is foaming add the mushrooms. Cook for 4-5 minutes, then add the garlic, thyme and some seasoning and cook for 2 more minutes.
2. Meanwhile mix the tarragon with the crème fraiche and some seasoning. Spread this onto the rye cakes then top with the mushrooms.

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