



Lunch Recipe

Mushroom pasta

This recipe is taken from "Fuelling Winners" - a jockeys guide to healthy eating and easy cooking.

You could use left over pasta for this dish. You'll need:

50g mushrooms, roughly sliced

1 teaspoon olive oil

1 small red onion, sliced

1 small green pepper

1 tablespoon fromage frais

75g pasta cooked.

What to do:

Heat oil in a non stick pan and cook pepper and onion. Add mushrooms and cook for a few minutes until soft. Remove them from the heat and stir in the fromage frais. Add the pasta and serve.