



Mushroom and Tarragon Pate

Ingredients

- 50g unsalted butter
- 5 spring onions finely chopped
- 2 garlic cloves, crushed
- 100g chestnut mushrooms, finely chopped
- 2 tbsp wholegrain mustard
- 2 tbsp crème fraîche or cream cheese
- 3 tbsp chopped fresh tarragon, plus extra to garnish

Method

- Heat butter in a large frying pan. Add the onions and garlic, then gently fry for 7 mins until softened.
- Increase the heat, add the mushrooms, then cook for 10 mins, stirring, until the juices have evaporated and the mushrooms are tender. Stir in the mustard and crème fraîche / cream cheese, then season well. Cook for a further 2 mins then stir in the chopped tarragon. Blitz with a hand blender to a coarse texture if desired.
- Serve warm with oatcakes or scones and salad leaves