

# Wholewheat Spaghetti With Mushrooms, Kale And Hazelnuts



**There are few things as satisfying as a warm, satiating ‘spag bol’, but the ground mince is no longer an ingredient that delights everyone.**

If you’re looking for a meat-free alternative, try this delicious recipe. It’s packed full of mushrooms which gives it that hearty taste and texture.

# Ingredients

- 500g wholewheat spaghetti
- 45ml olive oil
- 2 cloves garlic, crushed
- 250g button mushrooms, thickly sliced
- 100g baby button mushrooms
- 100g kale, chopped
- 1 lemon, finely grated zest and juice
- 100g hazelnuts, toasted and roughly chopped
- 30ml flat leaf parsley
- 60ml Parmesan cheese, finely grated
- 30ml dukkah (optional)

**Button mushrooms** are a low calorie, nutrient-dense ingredient that will elevate the nutritional profile of any meal. White button mushrooms get their name due to the stage in which they are picked, as young or immature mushrooms have yet to turn brown.

## To Serve:

- Parmesan cheese, finely grated
- Dukkah (optional)

**Dukkah**, is a wholesome mixture of natural herbs, nuts and spices typically used as a dip with bread or fresh vegetables for an hors d'œuvre.

## Instructions

1. Cook the spaghetti according to packet instructions, drain and set aside.
2. Heat the oil in a pan and gently fry the garlic for 1 minute. Add the button mushrooms and baby mushrooms and cook for 4-5 minutes. Add the reserved spaghetti and the kale and cook for 3 minutes, or until the spaghetti is heated through.
3. Remove from the heat and add the remaining ingredients. Toss to combine.
4. Serve at once with extra Parmesan cheese and dukkah, if desired.