

One-Pot Mushroom Pasta



Looking for a comforting yet nutritious meal that comes together in under 30 minutes? This One-Pot Creamy Mushroom Lentil Pasta is the perfect balance of rich flavours and wholesome ingredients. Earthy mushrooms, fragrant garlic, and a splash of white wine create a savoury depth, while lentil pasta adds a protein-packed twist. The best part? Everything cooks in a single pot for minimal cleanup and maximum flavour. If you're craving a cozy weeknight dinner, this creamy, satisfying pasta has got you covered!

Preparation 5 min
Cooking 18-20 min
Servings 2
Nutrition Facts (per serving)
Calories 450
Fat 19
Carbohydrates 46
Fibre 8
Protein 24
Sodium 420

Ingredients

- 7.5 ml (½ tbsp) olive oil
- 1 carton (227 g) mushrooms, thinly sliced
- ½ white onion, finely chopped

- 120 g (4 oz) lentil pasta
- 3 garlic cloves, minced
- 125 ml (½ cup) soy cream (or low-fat cooking cream, 15% M.F.)
- 1.5 ml (¼ tsp) salt
- 30 ml (2 tbsp) grated Parmesan
- Fresh parsley, roughly chopped, to taste

Preparation

1. In a medium pot, heat the olive oil over medium heat. Add the onions and cook for 1–2 minutes until translucent.
2. Add the mushrooms and cook for another 2 minutes, stirring occasionally. If needed, add a small amount of white wine to prevent sticking.
3. Once the mushrooms are tender, add the remaining white wine, lentil pasta, and garlic. Simmer for about 10 minutes or until the pasta is cooked, but not overcooked. If needed, add a small amount of water to ensure the pasta is covered.
4. Once the pasta is cooked, stir in the cooking cream, salt, and pepper. Continue to simmer for a few more minutes until the desired creamy texture is achieved.
5. Divide the pasta into two bowls and top with Parmesan and fresh parsley. Serve immediately.

Notes

This recipe is best consumed fresh. However, it can be stored in the refrigerator for up to 4 days and frozen for up to 3 months.



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