

**Mushrooms help maintain your sight : what an eye opener.**

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**Mushrooms help  
maintain your sight.  
What an eye-opener.**

# Introducing the mushroom

Mushrooms are a source of B vitamins, which are great for healthy skin. They are also very low in fat, calories and energy. They're a source of folic acid and a rich source of pantothenic acid.



**Mushrooms. So many  
B vitamins, they could  
make a tomato blush.**

So why not beef up your pasta dishes with the mighty mushroom. It's a fantastic food that oozes flavour into dishes, enriching and enhancing them. Whether in spag bols, frittatas or BBQ classics, the mushroom makes the meal.



# The mushroom family



## White Mushroom

The star of the supermarket aisle – this versatile mushroom is snow white in colour and comes in 3 different sizes – baby button, closed cup and large flat.

## Enoki Mushroom

A crisp white crunchy mushroom delicious in clear soups, stir-fries and blanched in salads.



## Oyster Mushroom

A selfless little chap; he is happy to accompany lots of other ingredients, particularly in stir-fry, pasta or risotto.

## Shiitake Mushroom

The Japanese delight, is sensational in sauces, soups, casseroles or in a simple omelette.



## Portobello Mushroom

Putting the mmmm into mushroom, the Portobello is the meatiest of the lot – perfect for stuffing and baking.

## Brown Mushroom

A seriously tasty mushroom, whether raw or cooked. Comes in two sizes - closed cup and the mini Portobello.



## Buna-Shimeji Mushroom

A real zesty nutty flavour great in any dish, these mushrooms will retain their size, shape and flavour when cooked.

## 2 Week Mushroom Challenge for a Healthier You

Developed with Nutritionist Amanda Hamilton



### The challenge

My two week mushroom challenge aims to encourage you to incorporate healthy eating into your daily routine, and can help weight loss as part of an overall calorie controlled diet.

Mushrooms are a source of B vitamins and minerals and are virtually fat and calorie free. They are extremely meaty and filling which helps leave you feeling more satisfied, so you won't be hungry again as quickly.



For all our tasty recipes or to download  
Amanda Hamilton's menu planner, visit  
**[www.moretomushrooms.com](http://www.moretomushrooms.com)**



## **Aldo Zilli's Pappardelle with Pancetta, Pesto & Mushrooms**



**Prep:** 10 mins ▪ **Cooking:** 10 mins ▪ **Serves:** 4

### **Ingredients**

300g/11 oz pappardelle, fettuccine  
or other ribbon pasta

150g/5oz smoked bacon or pancetta, sliced

250g pack of closed cup  
or chestnut mushrooms, sliced

60ml/4 tbsp fresh pesto (see below)

Parmesan cheese to serve

### **For the Pesto:**

25g/1 oz fresh basil leaves

30ml/2 tbsp toasted pine nuts

2 garlic cloves, peeled

150ml/1¼pt extra virgin olive oil

25g/1 oz Parmesan, freshly grated

75g/2½ oz Pecorino, freshly grated

salt and freshly ground black pepper

## Method

1. First make the pesto; blitz all ingredients together in a food processor. If keeping for a while, store in an airtight container with a little olive oil, drizzled over the top.
2. Cook the pappardelle in boiling salted water for 6 minutes or according to pack instructions until al dente. Meanwhile, heat a large frying pan and add the pancetta. Fry for 2 minutes until the fat begins to run, then add the mushrooms and cook over a high heat, stirring occasionally for 6-8 minutes or until the mushrooms and pancetta are golden. Season with plenty of ground black pepper.
3. Drain the pasta and immediately add to the mushroom pan, then add the pesto and toss well over the heat for a further minute. Season with salt and pepper to taste. Serve with Parmesan cheese.

## A couple of tasty facts

Per portion, this dish provides 486 calories and 20.8g grams of fat, and gives you one of your 5-a-day.

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