



Finocchio and Mushroom Trahanoto

30 minutes

Hands on

4-6

Portion(s)

1

Difficulty



Ingredients

- 1 onion
- 2 clove(s) of garlic
- 250 g wild mushrooms, agaricus, small sized
- 2 fennel bulb, outer leaves peeled
- 4 tablespoon(s) olive oil
- 1 teaspoon(s) anise, seeds
- 2 sprig(s) thyme, only the leaves
- 350 g sour trahana pasta
- 100 g ouzo
- 500 g water
- 1 vegetable bouillon cube
- salt
- pepper
- 2 spring onions
- 1 tomato
- 50 g parmesan cheese, grated

Method

- Finley **chop** the onion and garlic.
- Quarter the mushrooms and place in a bowl.
- Cut the finocchio in half, lengthwise and thinly slice, vertically.
- Place a pot over medium heat, add the olive oil and let it get hot.
- Add the onion, garlic, mushrooms, finocchio, anise seeds and thyme leaves.
- Sauté for 5 minutes, until the vegetables caramelize and the seeds are toasted.
- Add the trahana and stir for 2-3 minutes with a wooden spoon to distribute among the vegetables.
- Add the ouzo and wait for 2-3 minutes so the alcohol can evaporate.
- Add the water, bouillon cube, salt and pepper.
- Stir often so that the trahana doesn't stick to the bottom of the **pot**.
- As soon as the water is absorbed, the trahana is ready.
- Remove from heat, finely chop the spring onion and tomato.
- Add them to the pot, season to taste, sprinkle with grated parmesan and serve

Διατροφικός πίνακας

Nutrition information per portion

335 Calories (kcal)	9.3 Total Fat (g)	2.7 Saturated Fat (g)	47.0 Total Carbs (g)
17%	13%	14%	18%
3.7 Sugars (g)	12.0 Protein (g)	6.2 Fibre (g)	0.31 Sodium (g)
4%	24%	25%	5%