



5 Spice Creamy Mushrooms & Zucchini

Cook Time: 15 Minutes

Mushrooms cooked in a blend of spices, then simmered in Full Quivers famous raw milk cream cheese and parsley, then served over zucchini “noodles”.

Ingredients are subject to
availability

5 Spice Creamy Mushrooms & Zucchini

Ingredients:

mushrooms

5 spice seasoning

1/2 onion

cherry tomatoes

Full Quiver cream cheese

2-3 zucchini/squash

Instructions:

1. Place 1-2 tablespoons butter or olive oil in a large skillet over medium-high heat. Once hot, add the mushrooms and 5 spice seasoning. Season with salt and fresh ground pepper, and cook for about 7 minutes, until softened.
2. Trim and thinly slice the onion and add to the mushrooms, stirring to combine. Then halve the tomatoes, adding to the mixture. Reduce the heat to medium-low and add 1/2 container cream cheese, stir to combine. Let the sauce blend for about 2 minutes, adding more if desired.
3. Meanwhile, slice each squash into thin ribbons using a cheese slicer, spiralizer or slice very thin.
4. Serve hot; plate the creamy mushrooms and sauce over the zucchini/squash ribbons. Enjoy!