

# Mushroom Gravy

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## INGREDIENTS

1 tbsp olive oil  
1 cup of boiling water and 1 tsp herb salt or ½ tsp salt or to taste  
1 tsp ground white or black pepper (or less, depending on how peppery you like your gravy)  
¼ cup of soy milk  
2 cloves garlic minced (optional)  
3 tsp arrowroot (tapioca flour) or rice flour  
2 tsp cold water  
200g sliced mushrooms

## METHOD

1. In a frying pan, add the oil, garlic and mushrooms, fry until cooked through.
2. Add the boiling water, herb salt and pepper.
3. In a bowl, mix the arrowroot and cold water and stir until it forms a paste.
4. Mix in the soy milk and gradually add this mixture to the frying pan, stirring continuously. If the gravy thickens too much, just add more boiling water and salt to taste.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.