



UCOOK

Spicy Exotic Mushroom Pasta

with a chilli tomato sauce

Level up your weeknight pasta dinner with a hint of heat! This hot dish is mixed with crispy fried exotic mushrooms resting on a bed of plump penne. Infused with two hits of chilli, it will leave you breathless!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Creation Wines | Creation Elation MCC 2016

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Ingredients & Prep

300g	Penne Pasta
2	Onions <i>1½ peeled & roughly diced</i>
2	Celery Stalks <i>rinsed & roughly sliced</i>
30ml	Dried Chilli Flakes
30ml	NOMU Italian Rub
3	Garlic Cloves <i>peeled & grated</i>
600g	Cooked Chopped Tomato
375g	Mixed Exotic Mushrooms <i>roughly sliced</i>
12g	Fresh Parsley <i>rinsed & roughly chopped</i>
3	Fresh Chillies <i>deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. GET THE PASTA GOING Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving 450ml of the pasta water, and toss through some oil to prevent sticking.

2. HOT SAUCE Place a pan over medium heat with a drizzle of oil. When hot, add the diced onion and sliced celery, and fry for 5-6 minutes until soft and translucent. Add the chilli flakes (to taste), rub and grated garlic, and fry for 1-2 minutes. Add the cooked chopped tomato and reserved pasta water and simmer for 15-20 minutes until reduced and thickening. If the sauce is too thick for your liking, add water in 50ml increments. Add a sweetener of choice to taste, and season.

3. CRISPY MUSHROOMS Place a non-stick pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 6-8 minutes until soft and golden, shifting as they colour. You may need to do this step in batches, adding more oil between batches. Remove from the pan, drain on paper towel, and season to taste. Cover to keep warm.

4. FINAL MIX Add ¾ of the spicy sauce mixture to the pasta and mix to combine. Loosen with a splash of warm water if it's too thick.

5. SPICY NIGHT Plate up the loaded spicy pasta, top with the remaining spicy sauce mixture and scatter over the mushrooms. Garnish with a sprinkle of chopped parsley and sliced chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	4.3g
Carbs	20g
of which sugars	3.3g
Fibre	2.4g
Fat	0.6g
of which saturated	0.1g
Sodium	152mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days