



# UCOOK

## One-pot Caramelised Onion Pasta

**with almonds, grated Italian-style hard cheese & lemon**

Caramelised onion & penne pasta are cooked in a classic combo of thyme & white wine, before being loaded up with mushrooms and crème fraîche. The whole shebang is then drizzled with a balsamic reduction and sprinkled with fresh parsley, Italian-style cheese, and toasted almonds. We told you it's good!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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Veggie

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Cathedral Cellar Wines | Cathedral Cellar-Chardonnay 2022

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly slice</i>
10g	Almonds
125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
7,5ml	Dried Thyme
15ml	White Wine
15ml	Worcestershire Sauce
100g	Penne Pasta
50ml	Crème Fraîche
1	Lemon <i>rinse, zest and cut ½ into wedges</i>
25ml	Grated Italian-style Hard Cheese
10ml	Balsamic Reduction
3g	Fresh Parsley <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. SWEET ONION HEAVEN** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, browned and caramelised, 9-10 minutes (shifting occasionally). At the halfway mark, add a sweetener.

**2. TOASTY ALMONDS** While the onion is caramelising, place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOLDEN MUSHROOMS** Boil the kettle. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the sliced mushrooms and fry until soft and golden, 4-5 minutes (shifting occasionally). Remove from the pan and season.

**4. PERFECT PASTA** When the onion is caramelised, add the dried thyme and the wine to the pot. Simmer until almost all evaporated, 1-2 minutes. Pour in the worcestershire sauce and 300ml of boiling water. Once simmering, add the pasta and cook until the pasta is al dente and the sauce has reduced, 8-10 minutes. Add an extra splash of water, if necessary.

**5. CREAMY, CHEESY & ZESTY** When the pasta is al dente, remove from the heat and stir through the crème fraîche, the lemon zest, the browned mushrooms, and ½ the grated cheese. Season and loosen with a splash of water, if necessary.

**6. VOILÀ!** Plate up the caramelised onion pasta. Drizzle over the balsamic reduction and squeeze over some lemon juice. Sprinkle with the picked parsley, the remaining cheese, and the toasted almonds. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	510kj
Energy	122kcal
Protein	4.2g
Carbs	17g
of which sugars	3g
Fibre	2.4g
Fat	4g
of which saturated	1.9g
Sodium	64mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Alcohol, Cow's Milk

Eat  
Within  
3 Days