



UCCOOK

Sun-dried Tomato Mushrooms

with toasted ciabatta slices

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Danél Lourens

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	608kJ	3231kJ
Energy	145kcal	773kcal
Protein	4g	21.5g
Carbs	15g	80g
of which sugars	4.3g	22.6g
Fibre	2.2g	11.6g
Fat	8.4g	44.6g
of which saturated	4.3g	22.6g
Sodium	232mg	1233mg

Allergens: Sulphites, Egg, Soy, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Button Mushrooms <i>wipe clean & cut in half</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
300ml	400ml	Fresh Cream
2	2	Garlic Cloves <i>peel & grate</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
60ml	80ml	Grated Italian-style Hard Cheese
30ml	40ml	NOMU Cajun Rub
3	4	Ciabatta Rolls
2	2	Onions <i>peel & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Butter (optional)

1. MUSHROOMS & ONIONS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until golden, 8-10 minutes (shifting occasionally).

2. CREAMY MOMENT Add the garlic and the NOMU rub to the pan and fry until fragrant, 20-30 seconds. Mix in the cream and the sun-dried tomatoes. Simmer until warmed through and slightly thickening, 4-5 minutes. Remove from the heat and season.

3. SOME BREAD Cut the roll/s into slices and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the slices until golden, 1-2 minutes per side.

4. TIME TO EAT Bowl up the creamy mushrooms, sprinkle over the cheese, and side with the toasted slices. Garnish with the spring onion. Well done, Chef!