



UCOOK

Blue Cheese & Mushroom Tagliatelle

with walnuts & crispy sage leaves

Bright pink beetroot tagliatelle tossed with lemon juice, button mushrooms, a rich sage butter, and crumbled blue cheese. Finish off with a sprinkle of toasted walnuts for crunch.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

Veggie

Strandveld | Grenache

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Ingredients & Prep

100g	Beetroot Tagliatelle
10g	Walnuts <i>roughly chop</i>
1	Onion <i>peel & finely slice ½</i>
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
3g	Fresh Sage <i>rinse, pick & dry</i>
10ml	Lemon Juice
25g	Blue Cheese <i>crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. TAG, YOU'RE IT! Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain and reserve a cup of pasta water. Toss through a drizzle of olive oil.

2. WAL STREET Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRIED ONION Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. GOLDEN MUSHIES Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the chopped mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

5. SIZZLING SAGE BUTTER Return the pan to medium-high heat with a drizzle of oil and 40g of butter. Once foaming, fry the dried sage leaves until crispy, 1 minute per side (to make this easier, use tongs if you have them). Remove and drain the sage leaves on paper towel. Reserve the butter in the pan.

6. TOSS TOGETHER Return the pan, with the butter, to medium-high heat. When hot, add the cooked pasta, fried onions, and the fried mushrooms. Toss for 1-2 minutes until the pasta is coated in the butter and reheated. Loosen with the reserved pasta water, if necessary. Remove from the heat and toss through the lemon juice (to taste), ½ the crumbled cheese, ½ the toasted walnuts, and seasoning.

7. SO MUSH YUM! Bowl up the mushroom & blue cheese pasta. Sprinkle over the crispy sage leaves and the remaining blue cheese and walnuts. Dig in!

Nutritional Information

Per 100g

Energy	1796kJ
Energy	430kcal
Protein	6.5g
Carbs	21g
of which sugars	2.8g
Fibre	2.6g
Fat	3.8g
of which saturated	1.2g
Sodium	82mg

Allergens

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

Eat
Within
3 Days