



# UCOOK

## Creamy Sun-dried Tomato Mushrooms

with toasted ciabatta slices

It's a midsummer night's mushroom & sun-dried tomato dinner dream, Chef! Button mushrooms & onion are fried in garlic and NOMU Cajun Rub until golden, swirled in cream and elevated with tangy sun-dried tomatoes. Served with a toasted ciabatta roll, grated cheese & peppery fresh basil.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Danél Lourens

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Veggie

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KWV - The Mentors | KWV The Mentors Petit Verdot

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### Ingredients & Prep

375g	Button Mushrooms <i>wipe clean &amp; cut in half</i>
2	Onions <i>peel &amp; roughly slice</i>
2	Garlic Cloves <i>peel &amp; grate</i>
30ml	NOMU Cajun Rub
300ml	Fresh Cream
90g	Sun-dried Tomatoes <i>drain</i>
3	Ciabatta Rolls
60ml	Grated Italian-style Hard Cheese
8g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>

### From Your Kitchen

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

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

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

**3. SOME BREAD** Cut the rolls into slices and spread butter or oil over the cut-side. Place a 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 grated cheese, and side with toasted slices. Garnish with the basil. Well done, Chef!

### Nutritional Information

Per 100g

Energy	653kJ
Energy	156kcal
Protein	4.1g
Carbs	15g
of which sugars	4.3g
Fibre	2.2g
Fat	8.7g
of which saturated	4.4g
Sodium	239mg

### Allergens

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

Eat  
Within  
3 Days