



# UCCOOK

## Bowtie Pasta & Pork Bangers

with mushrooms & fresh oregano

Farfalloni! That's the fancy-pants name for bowtie pasta. This puts-a-smile-on-your-face shaped pasta will be dressed up with creamy bechamel sauce, caramelised balsamic onion & mushrooms, pork sausage rounds, earthy spinach, and fresh oregano.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Morgan Offen

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 Fan Faves

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 Painted Wolf Wines | The Pack Darius Carignan 2020

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## Ingredients & Prep

100g	Farfalloni Pasta
1	Onion <i>peel &amp; roughly slice ½</i>
125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
5ml	Balsamic Vinegar
180g	Pork Sausages
40ml	Cake Flour
125ml	Low Fat Fresh Milk
20g	Spinach <i>rinse</i>
3g	Fresh Oregano <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of the pasta water, return to the pot, and toss through a drizzle of olive oil.

**2. MUSHROOMS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the sliced mushrooms until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the balsamic vinegar and a sweetener. Remove from the pan, season, and cover.

**3. FRY THE BANGERS** Return the pan, wiped down, to medium-high heat with a drizzle of oil (if necessary). Pat the sausages dry with paper towel. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as they colour). Remove from the heat and rest in the pan for 5 minutes before slicing into rounds.

**4. TIME FOR SAUCE** Place a small pot over medium heat with 40g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, loosen with the reserved pasta water until desired consistency. Remove from the heat and season.

**5. MIX IT UP** Return the pot of cooked pasta to low heat and mix through the bechamel sauce, the caramelised balsamic onions & mushrooms, the rinsed spinach, and the sausage rounds. Loosen with the reserved pasta water if it's too thick. Remove from the heat and season.

**6. EAT UP!** Bowl up the loaded pasta and garnish with the picked oregano. Dig in!

## Nutritional Information

Per 100g

Energy	615kJ
Energy	147kcal
Protein	7.3g
Carbs	19g
of which sugars	2.8g
Fibre	1.7g
Fat	4.2g
of which saturated	1.9g
Sodium	170mg

## Allergens

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

Cook  
within 2  
Days