



# UCOOK

## Spinach & Chilli Tagliatelle

**with mushrooms & grated Italian-style  
hard cheese**

Enjoy the earthy flavours of mushroom and spinach in a comforting bowl of tagliatelle, topped with zesty lemon juice and a kick of chilli. Finished with a sprinkle of grated Italian-style hard cheese.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Dolly Matsbukanye

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Veggie

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Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

125g	Tagliatelle Pasta
125g	Button Mushrooms <i>wipe clean &amp; quarter</i>
1	Onion <i>peel &amp; roughly slice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
7,5ml	NOMU Italian Rub
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
75g	Spinach <i>rinse &amp; roughly shred</i>
50ml	Crème Fraîche
30ml	Grated Italian-style Hard Cheese
10g	Sunflower Seeds
10ml	Lemon Juice

## From Your Kitchen

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

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water and toss through a drizzle of olive oil.

**2. MUSHIES** Place a deep pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the quartered mushrooms until soft and golden, 4-5 minutes (shifting as they colour).

**3. SPINACH** When the mushrooms are golden, add the sliced onion and fry until soft, 2-3 minutes (shifting occasionally). Add the grated garlic, the NOMU rub and ½ the sliced chilli. Fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded spinach and cook until wilted, 2-3 minutes (shifting occasionally).

**4. FINISH IT UP** When the spinach is wilted, add the cooked pasta, the crème fraîche and ½ the grated cheese to the pan. Mix until combined. Loosen with a splash of pasta water if it's too thick for your liking. Season.

**5. TOO GOOD TO BE TRUE!** Make a bed of the creamy pasta. Sprinkle over the remaining cheese & chilli (to taste) and the sunflower seeds. Finish off with the lemon juice (to taste). Well done, Chef!



## Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

## Nutritional Information

Per 100g

Energy	661kJ
Energy	158kcal
Protein	5.5g
Carbs	17g
of which sugars	3.2g
Fibre	2.3g
Fat	5.3g
of which saturated	2.4g
Sodium	199mg

## Allergens

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

Eat  
Within  
3 Days