



UCOOK

Mushrooms & Butter Bean Pureé

with a tomato passata sauce & a fresh salad

It's time that mash takes its rightful place on the plate. We've turned what most people know as a side dish into the main star of the show. And rightfully so! Wait until you taste a forkful of this smooth, creamy butter bean & cashew cream cheese mash, topped with a fried mushroom & veggie medley sauce. Now it's salad's turn to be the side dish.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Rhea Hsu

 Veggie

 Vergelegen | Premium Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Mushrooms <i>roughly chopped</i>
2	Onions <i>peeled & roughly sliced</i>
2	Red Bell Peppers <i>trimmed, deseeded & roughly sliced</i>
40ml	NOMU Italian Rub
125ml	White Wine
400ml	Tomato Passata
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
480g	Butter Beans <i>drained & rinsed</i>
170ml	Cashew Nut Cream Cheese
40ml	Crispy Onion Bits
80g	Salad Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>sliced into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender (optional)

1. MAKE THE MUSHROOMS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms for 5-6 minutes until soft and golden, shifting occasionally. Remove from the pan and season.

2. IT'S WINE O'CLOCK Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and the sliced red pepper. Fry for 6-7 minutes until soft and starting to brown, shifting occasionally. Add the rub and the wine. Cook for 1-2 minutes until the wine has almost all evaporated, shifting frequently.

3. SENSATIONAL SAUCE Once the wine has almost all evaporated, add the tomato passata and 400ml of water to the pan. Simmer for 10-12 minutes until starting to thicken, stirring occasionally. In the final minute, add the fried mushrooms. Remove from the heat and add ½ the chopped parsley. Season with a sweetener of choice, salt, and pepper.

4. MMMMASH While the sauce is simmering, boil the kettle. Submerge the rinsed beans in boiling water for 3-5 minutes until heated through. Drain, and place the beans in a blender along with the cashew cream cheese. Pulse until the desired consistency. Alternatively, mash with a fork or potato masher. Loosen with a splash of warm water, if necessary. Mix through ½ the crispy onions and season.

5. NOW FOR SOME GREENS In a salad bowl, combine the shredded salad leaves, the cucumber rounds, a drizzle of olive oil, and seasoning.

6. PLATE UP Plate up the creamy butter bean mash. Top with the mushrooms & sauce. Garnish with the remaining parsley and crispy onions. Side with the dressed salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	274kJ
Energy	66kcal
Protein	2.7g
Carbs	8g
of which sugars	2.3g
Fibre	2.2g
Fat	2g
of which saturated	0.1g
Sodium	143mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days