



U C O O K

— COOKING MADE EASY

GOLDEN WINTER ORECCHIETTE

**with a coconut cream and carrot sauce,
Cajun spice & pine nuts**

Welcome in the warm colours of a perfect winter dinner. Orecchiette pasta, oregano mushrooms, crispy red onions, and sweet, crunchy pine nuts. All in a smooth, golden pool of potato, carrot, and coconut cream sauce.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Genevieve Kotzen

 **Vegetarian**

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Ingredients & Prep

100g	Baby Potatoes <i>rinsed & cut into bite-size chunks</i>
120g	Carrots <i>peeled & cut into bite-size chunks</i>
5g	Pine Nuts
125g	Orecchiette Pasta
125g	Button Mushrooms <i>roughly sliced</i>
4g	Fresh Origanum <i>rinsed</i>
1	Red Onion <i>one half peeled & finely sliced</i>
100ml	Coconut Cream
15ml	Nutritional Yeast
10 ml	NOMU Cajun Rub
40g	Baby Spinach <i>rinsed</i>

From Your Kitchen

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

1. BOIL THE VEGGIES Place the potato and carrot chunks in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until soft and cooked through. On completion, drain the veg, reserving the cooking water and returning it to the pot. Transfer the veg to a blender and set aside. Return the pot of water to a medium-high heat and bring back to the boil for the pasta.

2. PERFECT PINE NUTS Place a large pan (big enough for the pasta and sauce) over a medium heat. When hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pan on completion and set aside for serving.

3. BOIL THE ORECCHIETTE Pop the pasta into the pot of boiling water and cook for 9-12 minutes until al dente. Taste to test, drain on completion, and toss through some oil to prevent sticking.

4. MUSHIES & CRISPY ONIONS Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and rinsed origanum sprigs for 3-5 minutes until the mushrooms are golden, shifting as they colour. Remove from the pan on completion and season to taste. Keep the pan on the heat and add enough oil to cover the base. When hot, fry the sliced onion for 5-7 minutes until crispy, shifting occasionally. Remove from the pan on completion and set aside to drain on some paper towel.

5. CREAMY PASTA SAUCE While the onions are frying, pour the coconut cream into the blender with the carrot and potato. Add in the Cajun Rub (to taste) and nutritional yeast and blend until a smooth, thick sauce. When the onions are finished and the pasta is almost ready, wipe down the pan and return it to a low-medium heat. Pour in the sauce and gently simmer for 1-2 minutes. Add the cooked pasta to the pan and toss to coat. Stir through the sautéed mushrooms and three-quarters of the baby spinach. Cook for about a minute until the spinach is slightly wilted. Season to taste and remove from the heat on completion.

6. TIME TO SERVE! Spoon a good helping of saucy orecchiette pasta into a bowl. Sprinkle with the remaining fresh baby spinach, the crispy red onions, and the toasted pine nuts. Excellent work, Chef!



Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

Nutritional Information

Per 100g

Energy	329kJ
Energy	136Kcal
Protein	5g
Carbs	21g
of which sugars	3g
Fibre	2.7g
Fat	3.9g
of which saturated	2.7g
Sodium	122mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days