



U^UCOOK

Creamy Sun-dried Tomato Mushrooms

with toasted ciabatta slices

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Danél Lourens

Nutritional Info

	Per 100g	Per Portion
Energy	608kJ	3231kJ
Energy	145kcal	773kcal
Protein	4g	21.5g
Carbs	15g	80g
of which sugars	4.3g	22.6g
Fibre	2.2g	11.6g
Fat	8.4g	44.6g
of which saturated	4.3g	22.6g
Sodium	232mg	1233mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Button Mushrooms <i>wipe clean & cut in half</i>
1	1	Onion <i>peel & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	NOMU Cajun Rub
100ml	200ml	Fresh Cream
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
1	2	Ciabatta Roll/s
20ml	40ml	Grated Italian-style Hard Cheese
1	1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. MUSHROOMS & ONIONS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until golden, 6-7 minutes (shifting occasionally).

2. CREAMY MOMENT Add the garlic and the NOMU rub to the pan and fry until fragrant, 20-30 seconds. Mix in the cream and the sun-dried tomatoes. Simmer until warmed through and slightly thickening, 3-4 minutes. Remove from the heat and season.

3. SOME BREAD Cut the roll/s into slices and spread butter or oil over the cut-side. Place a clean 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 cheese, and side with the toasted slices. Garnish with the spring onion. Well done, Chef!