



UCOOK

One-pot Caramelised Onion Pasta

with almonds, grated Italian-style hard cheese & lemon

Caramelised onion & penne pasta are cooked in a classic combo of thyme & white wine, before being loaded up with mushrooms and crème fraîche. The whole shebang is then drizzled with a balsamic reduction and sprinkled with fresh parsley, Italian-style cheese, and toasted almonds. We told you it's good!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

Veggie

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay 2022

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Ingredients & Prep

3	Onions <i>peel & roughly slice</i>
30g	Almonds
375g	Button Mushrooms <i>wipe clean & roughly slice</i>
22,5ml	Dried Thyme
45ml	White Wine
45ml	Worcestershire Sauce
300g	Penne Pasta
150ml	Crème Fraîche
2	Lemons <i>rinse, zest & cut 1½ into wedges</i>
75ml	Grated Italian-style Hard Cheese
30ml	Balsamic Reduction
8g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

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

1. SWEET ONION HEAVEN Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, browned and caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener.

2. TOASTY ALMONDS While the onion is caramelising, place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN MUSHROOMS Boil the kettle. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the sliced mushrooms and fry until soft and golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. PERFECT PASTA When the onion is caramelised, add the dried thyme and the wine to the pot. Simmer until almost all evaporated, 1-2 minutes. Pour in the worcestershire sauce and 900ml of boiling water. Once simmering, add the pasta and cook until the pasta is al dente and the sauce has reduced, 8-10 minutes. Add an extra splash of water, if necessary.

5. CREAMY, CHEESY & ZESTY When the pasta is al dente, remove from the heat and stir through the crème fraîche, the lemon zest, the browned mushrooms, and ½ the grated cheese. Season and loosen with a splash of water, if necessary.

6. VOILÀ! Plate up the caramelised onion pasta. Drizzle over the balsamic reduction and squeeze over some lemon juice. Sprinkle with the picked parsley, the remaining cheese, and the toasted almonds. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	510kj
Energy	122kcal
Protein	4.2g
Carbs	17g
of which sugars	3g
Fibre	2.4g
Fat	4g
of which saturated	1.9g
Sodium	64mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days