



# UCCOOK

## Mushroom & Spinach Tagliatelle

with 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:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Dolly Matsubukanye

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 Veggie

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 Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

250g	Tagliatelle Pasta
250g	Mushrooms <i>quartered</i>
1	Onion <i>peeled &amp; roughly sliced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
15ml	NOMU Italian Rub
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
150g	Spinach <i>rinsed &amp; roughly shredded</i>
60ml	Grated Italian-style Hard Cheese
100ml	Crème Fraîche
20g	Sunflower Seeds
10ml	Lemon Juice

## From Your Kitchen

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

**1. PASTA** Boil the kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

**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 for 4-5 minutes until soft and golden, shifting as they colour.

**3. SPINACH** When the mushrooms are golden, add the sliced onion to the pan and fry for 2-3 minutes until soft, shifting occasionally. Add the grated garlic, the NOMU rub and ½ the sliced chilli. Fry for 1-2 minutes until fragrant, shifting constantly. Add the shredded spinach and cook for 2-3 minutes until the spinach is wilted, 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	779kJ
Energy	186kcal
Protein	6.9g
Carbs	17g
of which sugars	2.9g
Fibre	2.3g
Fat	7.5g
of which saturated	3.6g
Sodium	238mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days