



QCOOK

Three-cheese Bowtie Pork Pasta

with mushrooms & fresh oregano

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	700kj	5319kj
Energy	167kcal	1272kcal
Protein	8.7g	66.1g
Carbs	13g	102g
of which sugars	3g	22.9g
Fibre	1.5g	11.3g
Fat	7g	53g
of which saturated	3.6g	27.4g
Sodium	188mg	1428mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Farfalle Pasta
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
45ml	60ml	Balsamic Vinegar
540g	720g	Pork Sausages
120g	160g	Emmental Cheese
90g	120g	Cheddar Cheese
45ml	60ml	Cake Flour
300ml	400ml	Full Cream UHT Milk
30ml	40ml	Lemon Juice
60ml	80ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of the pasta water, return to the pot, and toss through a drizzle of olive oil.

2. MUSHROOMS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onions and the mushrooms until the onions are caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add the balsamic vinegar and a sweetener (to taste). Remove from the pan, season, and cover.

3. FRY THE BANGERS Return the pan, wiped down, to medium-high heat with a drizzle of oil (if necessary). Pat the sausages dry with paper towel. Fry the sausages until browned and cooked through, 10-15 minutes (shifting as they colour). Remove from the heat and rest in the pan for 5 minutes before slicing into rounds.

4. CHEESE SAUCE Grate both the cheeses. Place a small pot over medium heat with 60g [80g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 2-3 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. Add the cheese mix and stir until the cheese is melted, 3-4 minutes. If the cheese sauce is too thick for your liking, loosen with the reserved pasta water. Remove from the heat and season.

5. MIX IT UP Return the pot of cooked pasta to low heat and mix through the cheese sauce, the caramelised balsamic onions and mushrooms, and the sausage rounds. Loosen with the reserved pasta water if it's too thick. Remove from the heat and season.

6. EAT UP! Bowl up the loaded pasta, drizzle over the lemon juice (to taste), sprinkle the grated cheese and garnish with the oregano (to taste). Dig in!