



WCOOK

Caramelised Onion & Mushroom Pasta

with tofu & pumpkin seeds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	519kJ	2811kJ
Energy	124kcal	672kcal
Protein	6.1g	32.9g
Carbs	17g	91g
of which sugars	2.6g	14.2g
Fibre	2.4g	12.8g
Fat	2.5g	13.3g
of which saturated	0.3g	1.7g
Sodium	306mg	1661mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Alcohol,
Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Pumpkin Seeds
45ml	60ml	Herb & Stock Mix (15ml [20ml] Dried Thyme & 30ml [40ml] Vegetable Stock)
225g	300g	Linguine Pasta
3	4	Onions <i>peel & slice</i>
330g	440g	Non-GMO Tofu
45ml	60ml	Nutritional Yeast
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
90ml	125ml	White Wine
60ml	80ml	Cashew Nut Cream Cheese
150g	200g	Spinach <i>rinse & roughly chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

1. PREP STEP Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Boil the kettle and dilute the stock with 150ml [200ml] of hot water.

2. LEKKER LINGUINE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

3. SAUCY TWIST Return the pan to medium heat with a drizzle of oil. Fry the tofu until golden and crispy, 5-6 minutes, shifting as it colours. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil (if necessary). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Place ½ of the onion, tofu and the nutritional yeast in a blender, along with the stock. Blend until smooth.

4. MMMUSHROOMS Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Deglaze the pan with the wine and fry for 1-2 minutes. Reduce the heat and mix through the blended tofu, the cashew nut cream cheese, spinach and ½ of the parsley. Once the spinach has wilted, mix through the pasta and season well. Loosen with a splash of warm water if it's too thick.

5. WELL DONE Bowl up the silky pasta, topped with the remaining onion, and parsley. Top with the pumpkin seeds and dig in, Chef!