



UCCOOK

One-Pot Mushroom Pasta

with fresh parsley & lemon

Easy peasy, lemon squeezy! A simple, delicious one-pot weeknight wonder. Penne cooked in a sauce of mushrooms, coconut milk, garlic, thyme, and soy sauce. Sprinkled with parsley and squeezed with lemon. Dinner, done and dusted!


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

125g	Mixed Exotic Mushrooms <i>trimmed at the base & roughly chop into bite-sized chunks</i>
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
10ml	Low Sodium Soy Sauce
5ml	Nutritional Yeast
10ml	Vegetable Stock
200ml	Coconut Milk
125g	Penne Pasta
10g	Almonds
20g	Spinach <i>rinsed</i>
1	Lemon <i>½ zested & cut into wedges</i>
3g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. SO MUSH MUSHIES! Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the trimmed mushrooms and fry for 4-5 minutes until golden, shifting occasionally. Remove ½ the fried mushrooms from the pan and drain on some paper towel.

2. ALL TOGETHER NOW Keeping the pot on the heat with the remaining mushrooms, add the grated garlic and the chopped thyme and fry for 1 minute, shifting constantly. Add the soy sauce, the nutritional yeast, the stock, 300ml of boiling water, and the coconut milk. Mix until fully combined. Bring up to a boil and add the penne. Cook for 8-10 minutes until the sauce has thickened and reduced into a creamy consistency, and the penne is cooked al dente. Add more boiling water if it reduces too quickly.

3. AWESOME ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and roughly chop.

4. ALMOST THERE When the pasta is done, stir through the rinsed spinach until wilted. Season generously with salt, pepper, a squeeze of lemon juice, ½ the chopped parsley and the lemon zest.

5. PASTA PARTY! Bowl up a heaping helping of the creamy mushroom penne. Top with the remaining fried mushrooms and sprinkle over the remaining parsley and the chopped almonds. A simple delight!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary.

Nutritional Information

Per 100g

Energy	785kj
Energy	188Kcal
Protein	6.5g
Carbs	27g
of which sugars	2.4g
Fibre	3.5g
Fat	6.7g
of which saturated	4.8g
Sodium	315mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within
4 Days