



UCCOOK

Spinach & Chilli Tagliatelle

with mushrooms & grated Italian-style hard cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Dolly Matsubukanye

Wine Pairing: Painted Wolf Wines | The Pack Viognier

Nutritional Info	Per 100g	Per Portion
Energy	661kJ	3813kJ
Energy	158kcal	912kcal
Protein	5.5g	31.7g
Carbs	17g	98g
of which sugars	3.2g	18.2g
Fibre	2.3g	13.4g
Fat	5.3g	30.6g
of which saturated	2.4g	13.9g
Sodium	199mg	1149mg

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

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Tagliatelle Pasta
375g	500g	Button Mushrooms <i>wipe clean & quarter</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
3	4	Garlic Cloves <i>peel & grate</i>
22,5ml	30ml	NOMU Italian Rub
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
225g	300g	Spinach <i>rinse & roughly shred</i>
150ml	200ml	Crème Fraîche
90ml	125ml	Grated Italian-style Hard Cheese
30g	40g	Sunflower Seeds
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Seasoning (salt & pepper)

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

2. MUSHIES Place a deep pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the mushrooms in small batches until soft and golden, 4-5 minutes (shifting as they colour).

3. SPINACH When the mushrooms are golden, add the onion and fry until soft, 2-3 minutes (shifting occasionally). Add the garlic, the NOMU rub and ½ the chilli. Fry until fragrant, 1-2 minutes (shifting constantly). Add the spinach and cook until wilted, 2-3 minutes (shifting occasionally).

4. FINISH IT UP When the spinach is wilted, add the pasta, the crème fraîche and ½ the 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.