



# UCOOK

## Vegetarian French Onion-style Pasta

with a fresh cucumber salad

This macaroni pasta dish is rich & creamy, with sweet caramelised onions. Sprinkled with toasted panko breadcrumbs tossed in grated Italian-style cheese. Sided with a fresh green salad. Simple, delicious and easy!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 4 People

---

**Chef:** Kate Gomba

---

 Quick & Easy

---

 Simonsig | Kaapse Vonkel Satin Nectar

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

500ml	Low Fat Fresh Milk
400g	Macaroni
200ml	Fresh Cream
200g	Cheddar Cheese <i>grated</i>
200ml	Panko Breadcrumbs
80ml	Grated Italian-style Hard Cheese
4	Onions
20ml	NOMU Italian Rub
80g	Green Leaves
200g	Cucumber
40ml	Dijon Mustard
1	Lemon

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Butter

**1. COOK THE PASTA** Place a pot over medium heat, add the milk, 800ml of water, the macaroni, and a small pinch of salt. Bring up to a boil and simmer until cooked, 10-12 minutes (stirring occasionally). When the pasta is al dente, mix through the cream, the grated cheddar cheese, and seasoning. Loosen with warm water or milk (optional) if it's too thick. Remove from the heat.

**2. TOAST THE CRUMBS** Place a pan over medium heat with a tiny drizzle of oil and a small knob of butter. When hot, toast the breadcrumbs until golden, 2-3 minutes. Remove from the pan and toss through the grated Italian-style cheese.

**3. CARAMELISE THE ONIONS** Peel and roughly slice the onions. Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry until soft and caramelised, 9-10 minutes (shifting occasionally). At the halfway mark, add a sweetener and the NOMU rub to caramelize it further. In the final 2-3 minutes, deglaze the pan with a splash of water and simmer until the water has evaporated.

**4. MAKE THE SALAD** Rinse the green leaves, the cucumber, and the lemon. Cut the cucumber into half-moons. Cut the lemon into wedges. To a salad bowl, add the dijon mustard, a squeeze of lemon juice (to taste), and a drizzle of olive oil. Mix to emulsify and toss through the green leaves and the cucumber.

**5. FINAL TOUCHES** When the onions are done, add to the mac & cheese, and mix to combine.

**6. DINNER IS SERVED** Plate up the french onion-style pasta, sprinkle over the toasted breadcrumbs, and side with the fresh salad. Well done, Chef!

## Nutritional Information

---

Per 100g

Energy	771kJ
Energy	184kcal
Protein	7.1g
Carbs	21g
of which sugars	3.4g
Fibre	1.8g
Fat	8.4g
of which saturated	4.6g
Sodium	163.8mg

---

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days