



UCOOK

Truffle Mushroom Tagliatelle

with charred broccoli, spinach & a
creamy sauce

This creamy mushroom pasta's gonna be your new go-to cosy comfort food! Designed by the Head Chef of Steenberg's restaurant Tryn, it features fresher-than-fresh tagliatelle, illuminated by broccoli, truffle oil, and a caramelised artichoke and cream sauce. Hard to beat!


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kerry Kilpin

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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

Ingredients & Prep

125g	Portobellini Mushrooms <i>wiped clean & quartered or halved</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
20g	Spinach <i>rinsed</i>
1	Lemon <i>zested & cut into wedges</i>
100g	Tagliatelle Pasta
125ml	Fresh Cream
25g	Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10ml	Truffle Oil

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. GOLDEN MUSHIES Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the quartered or halved mushrooms for 4-5 minutes until soft and golden, shifting as they colour. On completion, transfer to a bowl and season. Cover to keep warm and set aside.

2. BUBBLE THE BROCC Wipe down the pan and return it to a medium-high heat with another drizzle of oil. When hot, fry the broccoli florets for 4-5 minutes until lightly charred. Add a splash of water, cover with a lid, and simmer for 1-2 minutes until cooked al dente. Remove from the pan and add to the bowl of mushrooms.

3. FRESHER THAN FRESH! Place a pot of salted water over a high heat and leave to come to a boil. Toss ½ of the rinsed spinach with a squeeze of lemon juice, a pinch of zest, and some seasoning. Set aside for serving. Once the water is bubbling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of the water. Toss some oil through the pasta to prevent sticking and return to the pot. Cover with a lid and set aside to keep warm.

4. IT'S THE LAST STRETCH Return the pan to a low heat. Add in the mushrooms and broccoli, the cream, the grated cheese and the remaining spinach. Stir to combine and bring to a simmer. Cook for 1-2 minutes until the spinach is wilted and the cheese is melted, stirring occasionally. If the sauce is too thick, gradually loosen with the reserved pasta water. Season to taste with lemon juice, zest, salt, and pepper. Remove from the heat on completion. Pour ½ into the pot of pasta and toss to coat.

5. BRAVO! Dish up a bowl of creamy pasta and spoon over the remaining artichoke sauce. Sprinkle with the chopped parsley and drizzle over the truffle oil. Serve the salad on the side, and scatter the hard cheese ribbons over the lot. Hop to it, Chef!



Chef's Tip

Broccoli is very high in vitamin C — even more so than oranges! Steam, roast, or pan fry it for a delicious vitamin injection into just about any meal. Try it in salads or as a crudité with dips and spreads!

Nutritional Information

Per 100g

Energy	781kJ
Energy	187Kcal
Protein	5.6g
Carbs	14g
of which sugars	2.4g
Fibre	1.8g
Fat	10.8g
of which saturated	6.2g
Sodium	85mg

Allergens

Egg, Gluten, Dairy, Wheat

Cook
within 3
Days