



UCOOK

Creamy Sun-dried Tomato Mushrooms

with toasted ciabatta slices

It's a midsummer night's mushroom & sun-dried tomato dinner dream, Chef! Button mushrooms & onion are fried in garlic and NOMU Cajun Rub until golden, swirled in cream and elevated with tangy sun-dried tomatoes. Served with a toasted ciabatta roll, grated cheese & peppery fresh basil.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Danél Lourens

Veggie

KWV - The Mentors | KWV The Mentors Petit Verdot

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Ingredients & Prep

125g	Button Mushrooms <i>wipe clean & cut in half</i>
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Cajun Rub
100ml	Fresh Cream
30g	Sun-dried Tomatoes <i>drain</i>
1	Ciabatta Roll
20ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. MUSHROOMS & ONIONS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the sliced onion until golden, 6-7 minutes (shifting occasionally).

2. CREAMY MOMENT Add the grated garlic and the NOMU rub to the pan and fry until fragrant, 20-30 seconds. Mix in the cream and the drained sun-dried tomatoes. Simmer until warmed through and slightly thickening, 3-4 minutes. Remove from the heat and season.

3. SOME BREAD Cut the roll into slices and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the slices until golden, 1-2 minutes per side.

4. TIME TO EAT Bowl up the creamy mushrooms, sprinkle over the grated cheese, and side with toasted slices. Garnish with the basil. Well done, Chef!

Nutritional Information

Per 100g

Energy	653kJ
Energy	156kcal
Protein	4.1g
Carbs	15g
of which sugars	4.3g
Fibre	2.2g
Fat	8.7g
of which saturated	4.4g
Sodium	239mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk

Eat
Within
3 Days