



# UCCOOK

## One-Pot Mushroom Pasta

with fresh parsley & lemon

Easy peasy, lemon squeezey! 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!

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**Hands-On Time:** 35 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Vegetarian

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 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

500g	Mixed Exotic Mushrooms <i>trimmed at the base &amp; roughly chop into bite-sized chunks</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
10g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
40ml	Low Sodium Soy Sauce
20ml	Nutritional Yeast
40ml	Vegetable Stock
800ml	Coconut Milk
500g	Penne Pasta
40g	Almonds
80g	Spinach <i>rinsed</i>
2	Lemons <i>zested &amp; cut into wedges</i>
10g	Fresh Parsley <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. SO MUSH MUSHIES!** Boil the kettle. Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the trimmed mushrooms and fry for 6-7 minutes until golden, shifting occasionally. You may need to do this step in batches. 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, 1100ml 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