



UCOOK

Spinach & Chilli Tagliatelle

**with mushrooms & grated Italian-style
hard cheese**

Enjoy the earthy flavours of mushroom and spinach in a comforting bowl of tagliatelle, topped with zesty lemon juice and a kick of chilli. Finished with a sprinkle of grated Italian-style hard cheese.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Dolly Matsbukanye

Veggie

Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

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

From Your Kitchen

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

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 quartered mushrooms until soft and golden, 4-5 minutes (shifting as they colour). You may need to do this step in batches.

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

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

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 661kJ |
| Energy | 158kcal |
| Protein | 5.5g |
| Carbs | 17g |
| of which sugars | 3.2g |
| Fibre | 2.3g |
| Fat | 5.3g |
| of which saturated | 2.4g |
| Sodium | 199mg |

Allergens

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

Eat
Within
3 Days