



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: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Simonsig | Kaapse Vonkel Satin Nectar

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Ingredients & Prep

125ml	Low Fat Fresh Milk
100g	Macaroni
50ml	Fresh Cream
50g	Cheddar Cheese <i>grated</i>
50ml	Panko Breadcrumbs
20ml	Grated Italian-style Hard Cheese
1	Onion
5ml	NOMU Italian Rub
20g	Green Leaves
50g	Cucumber
10ml	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, 200ml 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, 1-2 minutes. Remove from the pan and toss through the grated Italian-style cheese.

3. CARAMELISE THE ONIONS Peel and roughly slice the onion. 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, 7-9 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