



# UCOOK

## Spicy Exotic Mushroom Pasta

with a chilli tomato sauce

Level up your weeknight pasta dinner with a hint of heat! This hot dish is mixed with crispy fried exotic mushrooms resting on a bed of plump penne. Infused with two hits of chilli, it will leave you breathless!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Veggie

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 Creation Wines | Creation Elation MCC 2016

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## Ingredients & Prep

200g	Penne Pasta
1	Onion <i>peeled &amp; roughly diced</i>
1	Celery Stalk <i>rinsed &amp; roughly sliced</i>
20ml	Dried Chilli Flakes
20ml	NOMU Italian Rub
2	Garlic Cloves <i>peeled &amp; grated</i>
400g	Cooked Chopped Tomato
250g	Mixed Exotic Mushrooms <i>roughly sliced</i>
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
2	Fresh Chillies <i>deseeded &amp; finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. GET THE PASTA GOING** Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving 300ml of the pasta water, and toss through some oil to prevent sticking.

**2. HOT SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, add the diced onion and sliced celery, and fry for 4-5 minutes until soft and translucent. Add the chilli flakes (to taste), rub and grated garlic, and fry for 1-2 minutes. Add the cooked chopped tomato and reserved pasta water and simmer for 12-15 minutes until reduced and thickening. If the sauce is too thick for your liking, add water in 50ml increments. Add a sweetener of choice to taste, and season.

**3. CRISPY MUSHROOMS** Place a non-stick pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 5-7 minutes until soft and golden, shifting as they colour. Remove from the pan, drain on paper towel, and season to taste. Cover to keep warm.

**4. FINAL MIX** Add  $\frac{3}{4}$  of the spicy sauce mixture to the pasta and mix to combine. Loosen with a splash of warm water if it's too thick.

**5. SPICY NIGHT** Plate up the loaded spicy pasta, top with the remaining spicy sauce mixture and scatter over the mushrooms. Garnish with a sprinkle of chopped parsley and sliced chilli (to taste). Well done, Chef!

## Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	4.3g
Carbs	20g
of which sugars	3.3g
Fibre	2.4g
Fat	0.6g
of which saturated	0.1g
Sodium	152mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days