



UCCOOK

One-pot Caramelised Onion Pasta

with almonds, grated Italian-style hard cheese & lemon

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	527kJ	3700kJ
Energy	126kcal	885kcal
Protein	4.1g	28.8g
Carbs	18g	129g
of which sugars	4.3g	30g
Fibre	2.4g	16.5g
Fat	4g	27.9g
of which saturated	1.8g	12.9g
Sodium	63mg	441mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Onions <i>peel & roughly slice</i>
30g	40g	Almonds
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
22,5ml	30ml	Dried Thyme
45ml	60ml	White Wine
45ml	60ml	Worcestershire Sauce
300g	400g	Penne Pasta
150ml	200ml	Crème Fraîche
2	2	Lemons <i>rinse, zest & cut 1½ [2] into wedges</i>
75ml	100ml	Grated Italian-style Hard Cheese
30ml	40ml	Balsamic Reduction
8g	10g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter
Seasoning (salt & pepper)

1. SWEET ONION HEAVEN Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until soft, browned and caramelised, 12-20 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste).

2. TOASTY ALMONDS While the onion is caramelising, place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN MUSHROOMS Boil the kettle. Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the mushrooms until soft and golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. PERFECT PASTA When the onion is caramelised, add the dried thyme and the wine to the pot. Simmer until almost all evaporated, 1-2 minutes. Pour in the Worcestershire sauce and 900ml [1,2L] of boiling water. Once simmering, add the pasta and cook until the pasta is al dente and the sauce has reduced, 8-10 minutes. Add an extra splash of water, if necessary.

5. CREAMY, CHEESY & ZESTY When the pasta is al dente, remove from the heat and stir through the crème fraîche, the lemon zest, the browned mushrooms, and ½ the cheese. Season and loosen with a splash of water, if necessary.

6. VOILÀ! Plate up the caramelised onion pasta. Drizzle over the balsamic reduction and squeeze over lemon juice (to taste). Sprinkle with the parsley, the remaining cheese, and the toasted almonds. Time to dine, Chef!