



QCOOK

One-pot Caramelised Onion Pasta

with almonds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info

	Per 100g	Per Portion
Energy	689kJ	3213kJ
Energy	165kcal	769kcal
Protein	4.8g	22.2g
Carbs	23g	108g
of which sugars	5.2g	24.5g
Fibre	2.1g	9.9g
Fat	5.1g	23.8g
of which saturated	2.4g	11.2g
Sodium	77mg	358mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Onion/s <i>peel & roughly slice</i>
10g	20g	Almonds
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
3g	5g	Fresh Thyme <i>rinse & pick</i>
15ml	30ml	White Wine
15ml	30ml	Worcestershire Sauce
100g	200g	Penne Pasta
50ml	100ml	Crème Fraîche
10ml	20ml	Balsamic Reduction

From Your Kitchen

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

- 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, 9-12 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, 4-5 minutes (shifting occasionally). Remove from the pan and season.
- 4. PERFECT PASTA** When the onion is caramelised, add the thyme and fry until fragrant 30-60 seconds. Mix in the wine to the pot. Simmer until almost all evaporated, 1-2 minutes. Pour in the Worcestershire sauce and 300ml [600ml] of boiling water. Once simmering, add the pasta and cook until the pasta is al dente and the sauce has reduced, 10-12 minutes. Add an extra splash of water, if necessary.
- 5. CREAMY MOMENT** When the pasta is al dente, remove from the heat and stir through the crème fraîche and mushrooms. Season and loosen with a splash of water, if necessary.
- 6. VOILÀ!** Plate up the caramelised onion pasta. Drizzle over the balsamic reduction and sprinkle over the toasted almonds. Time to dine, Chef!