



# UCCOOK

## Creamy Sun-dried Tomato Mushrooms

with toasted ciabatta slices

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Danél Lourens

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	653kJ	3362kJ
Energy	156kcal	804kcal
Protein	4.1g	21.2g
Carbs	15g	79g
of which sugars	4.3g	22.2g
Fibre	2.2g	11.1g
Fat	8.7g	44.6g
of which saturated	4.4g	22.6g
Sodium	239mg	1230mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3g	5g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>
10ml	40ml	NOMU Cajun Rub
30g	1	Sun-dried Tomatoes <i>drain</i>
20ml	60g	Grated Italian-style Hard Cheese
1	1	Onion <i>peel &amp; roughly slice</i>
100ml	250g	Fresh Cream
1	200ml	Garlic Clove <i>peel &amp; grate</i>
1	2	Ciabatta Roll/s
125g	20ml	Button Mushrooms <i>wipe clean &amp; cut in half</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter (optional)

Seasoning (salt & pepper)

**1. MUSHROOMS & ONIONS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until golden, 6-7 minutes (shifting occasionally).

**2. CREAMY MOMENT** Add the garlic and the NOMU rub to the pan and fry until fragrant, 20-30 seconds. Mix in the cream and the sun-dried tomatoes. Simmer until warmed through and slightly thickening, 3-4 minutes. Remove from the heat and season.

**3. SOME BREAD** Cut the roll/s into slices and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the slices until golden, 1-2 minutes per side.

**4. TIME TO EAT** Bowl up the creamy mushrooms, sprinkle over the cheese, and side with the toasted slices. Garnish with the basil. Well done, Chef!