



UCOOK

Bowtie Pasta & Pork Bangers

with mushrooms & fresh oregano

Farfalloni! That's the fancy-pants name for bowtie pasta. This puts-a-smile-on-your-face shaped pasta will be dressed up with creamy bechamel sauce, caramelised balsamic onion & mushrooms, pork sausage rounds, earthy spinach, and fresh oregano.


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Morgan Offen

 Fan Faves

 Painted Wolf Wines | The Pack Darius Carignan 2020

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Ingredients & Prep

400g	Farfalloni Pasta
2	Onions <i>peel & roughly slice</i>
500g	Button Mushrooms <i>wipe clean & roughly slice</i>
20ml	Balsamic Vinegar
720g	Pork Sausages
160ml	Cake Flour
500ml	Low Fat Fresh Milk
80g	Spinach <i>rinse</i>
10g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of the pasta water, return to the pot, and toss through a drizzle of olive oil.

2. MUSHROOMS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the sliced mushrooms until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add the balsamic vinegar and a sweetener. Remove from the pan, season, and cover.

3. FRY THE BANGERS Return the pan, wiped down, to medium-high heat with a drizzle of oil (if necessary). Pat the sausages dry with paper towel. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as they colour). Remove from the heat and rest in the pan for 5 minutes before slicing into rounds.

4. TIME FOR SAUCE Place a small pot over medium heat with 160g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 2-3 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, loosen with the reserved pasta water until desired consistency. Remove from the heat and season.

5. MIX IT UP Return the pot of cooked pasta to low heat and mix through the bechamel sauce, the caramelised balsamic onions & mushrooms, the rinsed spinach, and the sausage rounds. Loosen with the reserved pasta water if it's too thick. Remove from the heat and season.

6. EAT UP! Bowl up the loaded pasta and garnish with the picked oregano. Dig in!

Nutritional Information

Per 100g

Energy	615kJ
Energy	147kcal
Protein	7.3g
Carbs	19g
of which sugars	2.8g
Fibre	1.7g
Fat	4.2g
of which saturated	1.9g
Sodium	170mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk

Cook
within 2
Days