



UCCOOK

Mushroom & Spinach Tagliatelle

with grated Italian-style hard cheese

Enjoy the earthy flavours of mushroom and spinach in a comforting bowl of tagliatelle, topped with zesty lemon juice and a kick of chilli. Finished with a sprinkle of grated Italian-style hard cheese.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Dolly Matsubukanye

 Veggie

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

125g	Tagliatelle Pasta
125g	Mushrooms <i>quartered</i>
1	Onion <i>½ peeled & roughly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
7,5ml	NOMU Italian Rub
1	Fresh Chilli <i>deseeded & finely sliced</i>
75g	Spinach <i>rinsed & roughly shredded</i>
30ml	Grated Italian-style Hard Cheese
50ml	Crème Fraîche
10g	Sunflower Seeds
5ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. PASTA Boil the kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. MUSHIES Place a deep pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the quartered mushrooms for 4-5 minutes until soft and golden, shifting as they colour.

3. SPINACH When the mushrooms are golden, add the sliced onion to the pan and fry for 2-3 minutes until soft, shifting occasionally. Add the grated garlic, the NOMU rub and ½ the sliced chilli. Fry for 1-2 minutes until fragrant, shifting constantly. Add the shredded spinach and cook for 2-3 minutes until the spinach is wilted, shifting occasionally.

4. FINISH IT UP When the spinach is wilted, add the cooked pasta, the crème fraîche and ½ the grated cheese to the pan. Mix until combined. Loosen with a splash of pasta water if it's too thick for your liking. Season.

5. TOO GOOD TO BE TRUE! Make a bed of the creamy pasta. Sprinkle over the remaining cheese & chilli (to taste) and the sunflower seeds. Finish off with the lemon juice (to taste). Well done, Chef!



Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

Nutritional Information

Per 100g

Energy	779kJ
Energy	186kcal
Protein	6.9g
Carbs	17g
of which sugars	2.9g
Fibre	2.3g
Fat	7.5g
of which saturated	3.6g
Sodium	238mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days