



# UCCOOK

## Spinach & Chilli Tagliatelle

with mushrooms & grated Italian-style hard cheese

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Dolly Matsubukanye

**Wine Pairing:** Painted Wolf Wines | The Pack Viognier

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 661kJ    | 3813kJ      |
| Energy             | 158kcal  | 912kcal     |
| Protein            | 5.5g     | 31.7g       |
| Carbs              | 17g      | 98g         |
| of which sugars    | 3.2g     | 18.2g       |
| Fibre              | 2.3g     | 13.4g       |
| Fat                | 5.3g     | 30.6g       |
| of which saturated | 2.4g     | 13.9g       |
| Sodium             | 199mg    | 1149mg      |

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

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 375g     | 500g       | Tagliatelle Pasta   |
| 375g     | 500g       | Button Mushrooms<br><i>wipe clean &amp; quarter</i>             |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice 1½ [2]</i>                |
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>                        |
| 22,5ml   | 30ml       | NOMU Italian Rub  |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely slice</i> |
| 225g     | 300g       | Spinach<br><i>rinse &amp; roughly shred</i>                     |
| 150ml    | 200ml      | Crème Fraîche   |
| 90ml     | 125ml      | Grated Italian-style Hard Cheese                                |
| 30g      | 40g        | Sunflower Seeds   |
| 30ml     | 40ml       | Lemon Juice   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter  
Seasoning (salt & pepper)

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water and toss through a drizzle of olive oil.

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

**3. SPINACH** When the mushrooms are golden, add the onion and fry until soft, 2-3 minutes (shifting occasionally). Add the garlic, the NOMU rub and ½ the chilli. Fry until fragrant, 1-2 minutes (shifting constantly). Add the spinach and cook until wilted, 2-3 minutes (shifting occasionally).

**4. FINISH IT UP** When the spinach is wilted, add the pasta, the crème fraîche and ½ the 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.