



UCCOOK

Mushroom & Spinach Tagliatelle

with grated Italian-style hard cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Dolly Matsubukanye

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	622kJ	3433kJ
Energy	149kcal	821kcal
Protein	5.2g	28.8g
Carbs	15g	84g
of which sugars	3.1g	17.3g
Fibre	2.3g	12.6g
Fat	5.4g	29.9g
of which saturated	2.5g	13.8g
Sodium	206mg	1140mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Tagliatelle Pasta
375g	500g	Button Mushrooms !"#\$!%&"'()"%*+!*
2	2	Onions ! !\$" ' "*,) - . \$/"OS #!"12 "345
3	4	Garlic Cloves ! !\$" ' " - *%+!
22,5ml	30ml	NOMU Italian Rub
2	2	Fresh Chillies * &0!6"4* 76"8!0!!8" ' "g &!\$//" OS #!
225g	300g	Spinach * &0!" ' "*,) - . \$/"0. *!8
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)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

- 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 and chilli (to taste) and the sunflower seeds. Finish off with 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.