



UCCOOK

Creamy Sun-dried Tomato Mushrooms

with toasted ciabatta slices

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

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 3	[Serves 4]	
8g	80ml	Fresh Basil <i>rinse, pick & roughly tear</i>
375g	10g	Button Mushrooms <i>wipe clean & cut in half</i>
3	4	Ciabatta Rolls
300ml	40ml	Fresh Cream
2	120g	Garlic Cloves <i>peel & grate</i>
60ml	500g	Grated Italian-style Hard Cheese
90g	400ml	Sun-dried Tomatoes <i>drain</i>
2	2	Onions <i>peel & roughly slice</i>
30ml	2	NOMU Cajun Rub

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, 8-10 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, 4-5 minutes. Remove from the heat and season.

3. SOME BREAD Cut the rolls 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 grated cheese, and side with toasted slices. Garnish with the basil. Well done, Chef!