



WCOOK

Three-cheese Bowtie Pork Pasta

with mushrooms & fresh oregano

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	700kJ	5318.8kJ
Energy	167.4kcal	1271.9kcal
Protein	8.7g	66.1g
Carbs	13.4g	101.9g
of which sugars	3g	22.9g
Fibre	1.5g	11.3g
Fat	7g	53g
of which saturated	3.6g	27.4g
Sodium	187.9mg	1427.9mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Farfalle Pasta
1	1	Onion <i>peel & roughly slice ½ [1]</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
15ml	30ml	Balsamic Vinegar
180g	360g	Pork Sausages
15ml	30ml	Cake Flour
100ml	200ml	Full Cream UHT Milk
70g	140g	Cheese Mix <i>(40g [80g] Emmental Cheese & 30g [60g] Cheddar Cheese)</i>
10ml	20ml	Lemon Juice
20ml	40ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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 onion and the mushrooms until the onion is caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the balsamic vinegar and a sweetener (to taste). 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. 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. CHEESE SAUCE Grate the cheese mix. Place a small pot over medium heat with 20g [40g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. Add the cheese mix and stir until the cheese is melted, 2-3 minutes. If the cheese sauce is too thick for your liking, loosen with the reserved pasta water. Remove from the heat and season.

5. MIX IT UP Return the pot of cooked pasta to low heat and mix through the cheese sauce, the caramelised balsamic onions and mushrooms, 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, drizzle over the lemon juice (to taste), sprinkle the grated cheese and garnish with the oregano (to taste). Dig in!