



# QCOOK

## Spinach & Chilli Tagliatelle

with mushrooms & grated Italian-style hard cheese

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Dolly Matsbukanye

**Wine Pairing:** Fryer's Cove | Fryers Cove Chenin blanc

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	517kJ	4069kJ
Energy	124kcal	973kcal
Protein	4.3g	34.1g
Carbs	15g	117g
of which sugars	3g	23.4g
Fibre	2.5g	19.5g
Fat	3.9g	31g
of which saturated	1.8g	13.9g
Sodium	147mg	1156mg

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Tagliatelle Pasta
125g	250g	Button Mushrooms <i>wipe clean &amp; quarter</i>
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
1	2	Garlic Clove/s <i>peel &amp; grate</i>
7,5ml	15ml	NOMU Italian Rub
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
75g	150g	Spinach <i>rinse &amp; roughly shred</i>
50ml	100ml	Crème Fraîche
30ml	60ml	Grated Italian-style Hard Cheese
10g	20g	Sunflower Seeds
1	1	Lemon <i>rinse &amp; cut into wedges</i>

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter

**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 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 a squeeze of 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.