



U C O O K

— COOKING MADE EASY

Lavish Mushroom Tagliatelle

**with a vegan bechamel sauce, toasted
hazelnuts & fresh oregano**

This gorgeously creamy vegan pasta will turn your average weeknight into a classy affair! A homemade bechamel sauce pools around golden portobello mushrooms, ribboned with fresh tagliatelle and dotted with toasted hazelnuts.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

30g	Hazelnuts
250g	Portobello Mushrooms
1	Onion <i>peeled & finely diced</i>
2	Garlic Clove <i>peeled & grated</i>
5ml	Dried Chilli Flakes
250g	Fresh Vegan Tagliatelle (Egg-Free)
20ml	Cake Flour
400ml	Oatify Oat Milk
40ml	Nutritional Yeast
5g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
40g	Green Leaves <i>rinsed</i>
20ml	Cabernet Sauvignon Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. TOAST THE HAZELNUTS Bring a pot of salted water to the boil for the tagliatelle. Place a nonstick pan over a medium heat. When hot, toast the hazelnuts for 5-6 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. PAN FRY THE MUSHIES Gently wipe the mushrooms clean with some damp cloth or paper towel and roughly slice. Return the pan to a medium-high heat with a drizzle of oil. When hot, pan fry the mushrooms for 5-6 minutes until soft and golden, shifting as they colour. On completion, season to taste and set aside in a bowl. Return the pan to the heat with another drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft and translucent. Add the grated garlic and some chilli flakes to taste. Fry for another minute, shifting constantly. Remove from the pan on completion and place in the bowl of mushrooms.

3. FABULOUSLY FRESH PASTA Once the water is boiling rapidly, cook the tagliatelle for 2-3 minutes until al dente. Drain on completion, toss through some oil to prevent sticking, and set aside.

4. VEGAN BECHAMEL SAUCE Return the pan to a medium heat with a drizzle of oil. Whisk in the cake flour and mix vigorously until it forms a paste. (This is the vegan 'roux'!) Gradually add the oat milk, continuously whisking it into the paste. Cook for 3-4 minutes until thickened, stirring constantly. Add the nutritional yeast and mix until well distributed. Stir in the mushrooms, onion, and three-quarters of the chopped oregano until coated. Add the cooked pasta and gently toss until coated in sauce. Season to taste and remove from the heat on completion.

5. FINAL TOUCHES Place the rinsed green leaves in a bowl. Toss through a drizzle of oil, some seasoning, and the cab sauv vinegar to taste.

6. BOWLS OF LOVE Spoon in the creamy mushroom tagliatelle and sprinkle over the chopped, toasted hazelnuts. Garnish with the remaining oregano and chilli flakes to taste. Serve the leafy salad on the side and enjoy!



Chef's Tip

Portobello mushrooms are rich in B vitamins, particularly riboflavin (used for breaking down macronutrients), niacin (for energy production), and pantothenic acid (used for making blood cells).

Nutritional Information

Per 100g

Energy	478kJ
Energy	179Kcal
Protein	6.3g
Carbs	22g
of which sugars	3.3g
Fibre	4g
Fat	3.2g
of which saturated	0.5g
Sodium	33mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days