



# U<sup>U</sup>COOK

## 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

### Nutritional Info

	Per 100g	Per Portion
Energy	608kJ	3231kJ
Energy	145kcal	773kcal
Protein	4g	21.5g
Carbs	15g	80g
of which sugars	4.3g	22.6g
Fibre	2.2g	11.6g
Fat	8.4g	44.6g
of which saturated	4.3g	22.6g
Sodium	232mg	1233mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

**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 clean 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 cheese, and side with the toasted slices. Garnish with the spring onion. Well done, Chef!