



Product Spotlight: Parsley

Don't throw out leftover parsley stems! They can be frozen and used to flavour stocks, soups or blended into sauces. We love blending the stems with some yoghurt and garlic to make a yummy dressing.



Caramelised Onion Pasta with Tuscan Kale

This comforting caramelised onion pasta combines sweet, slow-cooked onions and earthy roasted mushrooms in a creamy thyme-spiced sauce, tossed with pasta and Tuscan kale, and finished with fresh parsley.



30 minutes



4 servings



Vegetarian

Teary eyes

To minimise tears when cutting onions you can chill the onion before cutting, use a sharp knife, cut near a fan or exhaust vent, leave the root intact while cutting, or soak in cold water before cutting.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	31g	119g

FROM YOUR BOX

LONG PASTA	1 packet
BROWN ONIONS	2
BUTTON MUSHROOMS	300g
GARLIC	3 cloves
TUSCAN KALE	1 bunch
PARMESAN CHEESE	1 packet
COOKING CREAM	300ml
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried thyme, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

For extra flavour, use butter and oil to caramelize the onion.

No gluten option – pasta is replaced with GF pasta.



1. COOK THE PASTA

Set oven to 220°C.

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta.



2. CAMELISE THE ONIONS

Slice **onion**. Heat a large frypan over medium heat with **oil** (see notes). Add onion and season with **salt**. Cook, semi-covered, stirring occasionally, for 10 minutes until onion begins to caramelize.



3. ROAST THE MUSHROOMS

Halve or quarter **mushrooms**. Add to a lined oven dish and toss with **oil, salt and pepper**. Roast for 10-15 minutes until golden and tender.



4. MAKE THE SAUCE

Crush **garlic** and roughly chop **kale leaves**. Add to onions along with **2 tsp thyme, 2 tsp paprika, cream, 2 tsp soy sauce, 1/2 packet parmesan** and **1 cup cooking liquid**. Simmer for 3-5 minutes to wilt kale.



5. TOSS THE PASTA

Add **pasta** to sauce along with **1 cup cooking liquid**. Toss to combine. Add extra **cooking liquid** as necessary to loosen the sauce. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide **pasta** among bowls. Top with **roasted mushrooms** and garnish with parsley and remaining **parmesan**.



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