



Caramelised Onion and Cheddar Pasta

A rich and comforting pasta tossed with sweet caramelised onions, golden mushrooms, and baby spinach, finished with a cheddar sauce and fresh parsley.



30 minutes



Vegetarian



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
TAGLIATELLE PASTA	2 x 250g	3 x 250g
BROWN ONIONS	2	3
BUTTON MUSHROOMS	300g	300g + 150g
GARLIC CLOVES	2	3
BABY SPINACH	1 bag	2 bags
GRATED CHEDDAR CHEESE	1 packet	2 packets
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

olive oil, butter, salt and pepper, balsamic vinegar

NOTES

You can add roast pumpkin or zucchini for extra vegetables. Serve alongside a crisp lettuce salad.

No gluten option – long pasta is replaced with GF pasta.

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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **1 1/2 cups pasta cooking water** for step 3 (see tip). Drain pasta and set aside.

6P – reserve 2 cups pasta cooking water.

TIP Use the reserved cooking water for step 3 while it is hot.

2. CARAMELISE THE ONIONS

Meanwhile, heat a frypan over medium-high heat with **1 tbsp olive oil** and **2 tbsp butter**. Slice **onions** and add to the pan as you go. Cook for 10–12 minutes, stirring often, until softened. Slice **mushrooms** and crush **garlic**. Add to pan with **1 tbsp balsamic vinegar**. Cook for 5 minutes. Stir in **baby spinach** and cook until wilted. Season with **salt and pepper**.

6P – heat 1 1/2 tbsp olive oil and 3 tbsp butter in pan to cook the onions. Add 1 1/2 tbsp balsamic vinegar after the mushrooms are cooked.

3. BLEND THE SAUCE

Use a stick mixer or blender to blend **cheddar cheese** with **1 cup reserved pasta water** and **2 tbsp olive oil** until smooth. Season with **pepper**.

6P – blend 1 1/2 packets cheddar cheese with 1 1/2 cups reserved pasta water and 3 tbsp olive oil.

TIP This sauce will have best results if the cooking water is still hot.

4. TOSS THE PASTA AND SERVE

Return **pasta** to the saucepan. Pour in **cheddar sauce** and toss to coat. Toss in **caramelised onion, mushroom and spinach** until combined (add more reserved cooking water to loosen if needed). Chop **parsley** and use to garnish. Divide among bowls and serve.

TIP Garnish with a pinch of chilli flakes or lemon zest for added flavour.

This recipe has simplified instructions to help lower your meal cost.