



Caramelised Onions with mushroom, spinach & goats cheese

INGREDIENTS:

- 500 grams orecchiette
- 1 tablespoon Balsamic vinegar
- 1 large brown onion, sliced
- 1 large red onion, sliced
- 300 grams sliced white mushrooms
- 4 cups baby spinach leaves.
- 6 cloves of garlic, crushed/minced
- 1/4 cup fresh thyme leaves
- 150 grams Goats cheese
- 1-2 tablespoons olive oil
- 1-2 teaspoons salt
- 1/2 teaspoon ground black pepper

METHOD:

1. Place a large non stick sauce pan on medium low heat. Add 1-2 tablespoons of olive oil and cook onions with the lid on for 3-4 minutes, or until slightly softened. Bring a separate pot of water to the boil at the same time.
2. Turn the heat down to low, take the lid off and stir through balsamic vinegar with the onions, cook for approximately 7-8 minutes with the lid on.
3. Salt boiling water and cook pasta as per packet instructions.
4. Back to the onions, turn the heat up to medium and stir through garlic for a minute, until fragrant.
5. Add mushroom and cook for approximately 5 minutes, tossing every minute or so. Season with salt and pepper.
6. Turn heat to medium low and stir in spinach, thyme and cook for a couple of minutes. Fold through goats cheese with 1/2 a ladle of pasta water and simmer for a minute.
7. Drain pasta and fold into the mix.

TIPS/SUBSTITUTIONS:

- You could add a protein such as chicken strips to this dish, simply add and grill after you sauté onion.
- Other vegetables that you can add can include, broccoli, capsicum, celery or jarred antipasto.