



UCOOK

Walnut & Basil Pesto Pasta

with spinach & garlic mushrooms

Undertones of earthy richness come together in this world-class dish, with spinach, mushrooms, and walnuts. Balanced with streams of al dente linguine pasta, creamy feta, and a kick of chilli. Drizzle over zesty lemon juice and savour this ground-breaking vegetarian pasta dish, Chef!

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Lauren Todd

Veggie

 Creation Wines | Creation Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Linguine Pasta
200ml	Pesto Princess Basil Pesto
80g	Spinach <i>rinse</i>
40g	Walnuts
500g	Button Mushrooms <i>wipe clean & roughly slice</i>
4	Garlic Cloves <i>peel & grate</i>
120g	Danish-style Feta <i>drain</i>
10ml	Dried Chilli Flakes
40ml	Lemon Juice

From Your Kitchen

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

1. LOVELY LINGUINE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Loosen the pesto with olive oil in 5ml increments until drizzling consistency. Drain the pasta and toss through the loosened pesto and the rinsed spinach.

2. SMELLS LIKE A WINTER WONDERLAND Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GARLICKY MUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 6-7 minutes (shifting occasionally). In the final minute, add the grated garlic (to taste). Remove from the pan and season.

4. NOW THAT'S A PASTA DISH! Dish up the pesto pasta and top with the garlicky mushrooms. Crumble over the drained feta and sprinkle over the toasted walnuts and the chilli flakes (to taste). Finish with a generous drizzle of lemon juice. Tuck in!

Nutritional Information

Per 100g

Energy	992kJ
Energy	237kcal
Protein	7.9g
Carbs	24g
of which sugars	2.2g
Fibre	2.3g
Fat	11.8g
of which saturated	2.8g
Sodium	199mg

Allergens

Egg, Gluten, Allium, Wheat, Tree Nuts,
Cow's Milk

Eat
Within
3 Days