



U C O O K

— COOKING MADE EASY

Ricotta & Pesto Power Pasta

with **caramelised onion, baby spinach & pumpkin seeds**

It's a powerhouse of flavour and nutrients, and bound to be the next family favourite! A thick and creamy pasta sauce of basil pesto, ricotta, and butter, tossed with whole wheat fusilli, caramelised onion, crispy lentils, and blistered baby tomatoes.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Vitality HealthyStudio Executive Chef Dereck Nair

 **Vegetarian**

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Ingredients & Prep

150g	Baby Tomato Medley <i>rinsed</i>
60g	Lentils <i>drained & rinsed</i>
5ml	NOMU Italian Rub
10g	Pumpkin Seeds
1	Onion <i>one half peeled & finely sliced</i>
125g	Whole Wheat Fusilli Pasta
50g	Ricotta
20ml	Pesto Princess Basil & Lemon Pesto
20g	Baby Spinach <i>rinsed</i>
2.5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey

1. POWER-PACKED VEGGIES Preheat the oven to 200°C. Place the rinsed baby tomatoes and the drained lentils on a roasting tray. Coat in oil, the Italian Rub, and seasoning to taste. Spread out evenly and roast in the hot oven for 15-20 minutes until the tomatoes have blistered and the lentils are crispy.

2. IN THE MEANTIME... Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Place a pot of salted water over a high heat and leave it to come to the boil for the pasta.

3. CARMELISED ONION Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until caramelised, shifting occasionally. At the halfway mark, stir through a sweetener of choice to taste to caramelise it further. Remove from the pan on completion, cover to keep warm, and set aside.

4. NOURISHING PASTA When the pot of water is boiling, cook the pasta for 8-10 minutes until al dente. Place the ricotta and pesto in a bowl and whisk until smooth. If it needs loosening, whisk in a little splash of pasta water. Season to taste and set aside.

5. GET IT ALL TOGETHER! When the pasta is cooked, drain and return to the pot. Place over a medium heat and add in a generous knob of butter. Toss through the cooked tomatoes and lentils, the caramelised onion, and three-quarters of the pesto ricotta. Add in the rinsed baby spinach and stir for 2-3 minutes until wilted. Season to taste and remove from the heat.

6. A HEARTY SUPPERTIME TREAT Dish up a mound of scrumptious ricotta and pesto pasta. Scatter over the chilli flakes and toasted pumpkin seeds. It's as simple as that, Chef!



Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have the time, fry over a low heat and add on an extra 10-15 minutes. Stir in a knob of butter at the end for even creamier results!

Nutritional Information

Per 100g

Energy	701kJ
Energy	167Kcal
Protein	7g
Carbs	24g
of which sugars	2.3g
Fibre	4.8g
Fat	4.2g
of which saturated	1.3g
Sodium	103mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days