



UCOOK

Butternut Pappardelle Pasta

with crispy fried sage & a peanut feta crumble

Surprise and delight yourself or your guests with this out-of-the-ordinary pasta dish. Al dente pappardelle pasta is coated in an oven roasted butternut & onion sauce, made with fresh cream. Elevated with earthy spinach, crispy sage leaves, toasted peanuts, crumbly feta and your culinary talent, Chef!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

250g	Butternut <i>peeled, deseeded & cut into bite-sized pieces</i>
1	Onion <i>peeled & cut into quarters</i>
1	Garlic Clove <i>peeled & grated</i>
125g	Pappardelle Pasta
3g	Fresh Sage <i>rinsed</i>
80ml	Fresh Cream
15ml	Lemon Juice
40g	Spinach <i>rinsed</i>
1,5ml	Ground Nutmeg
15g	Peanuts <i>roughly chopped</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. BUTTERNUT & ONION MEDLEY Preheat the oven to 200°C. Spread the butternut pieces and the onion quarters on a roasting tray. Coat in oil, ½ the grated garlic, and seasoning. Roast in the hot oven until the butternut is golden and soft, 25-30 minutes (shifting halfway).

2. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

3. CRISPY SAGE Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed sage leaves until crispy, 5-10 seconds. (To make this easier, use tongs if you have them!) Remove from the pan, reserving the sage oil, and drain on paper towel.

4. NOW FOR THE CREAMINESS When the butternut and the onion are cooked, place in a blender with the remaining garlic, the cream, ½ the lemon juice, and seasoning. Blitz until smooth. Add the reserved pasta water in 10ml increments until desired consistency. Return the pan with the sage oil to medium-high heat. When hot, add the butternut sauce, the rinsed spinach, and the nutmeg (to taste). Cook until the spinach has wilted and the sauce is thickened. Stir through the cooked pasta.

5. CHOP & CRUMBLE Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan. In a small bowl, combine the toasted peanuts, the crumbled feta, and a drizzle of olive oil.

6. PERFECT PAPPARDELLE Dish up the butternut pappardelle. Top with the crispy sage leaves and the peanut feta crumble. Drizzle over the remaining lemon juice (to taste). Dinner is served!



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion quarters in oil, ½ the grated garlic, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	4.8g
Carbs	16g
of which sugars	2.1g
Fibre	2g
Fat	7.6g
of which saturated	4g
Sodium	67mg

Allergens

Egg, Gluten, Dairy, Allium, Peanuts, Wheat

Cook
within 3
Days