



# 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:** 35 minutes

**Overall Time:** 55 minutes

---

**Serves:** 4 People

---

**Chef:** Vitality HealthyStudio Executive Chef Dereck Nair

---

 **Vegetarian**

---

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



## Ingredients & Prep

600g	Baby Tomato Medley <i>rinsed</i>
240g	Lentils <i>drained &amp; rinsed</i>
20ml	NOMU Italian Rub
40g	Pumpkin Seeds
2	Onion <i>peeled &amp; finely sliced</i>
500g	Whole Wheat Fusilli Pasta
200g	Ricotta
80ml	Pesto Princess Basil & Lemon Pesto
80g	Baby Spinach <i>rinsed</i>
10ml	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 20-25 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 12-15 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