



UCOOK

Double Creamy Butternut Fettuccine

with cashew cream cheese, sun-dried tomatoes & quinoa flakes

An absolute vegan dreamboat! Boasting the double dreamy creaminess of nutritional yeast and cashew cream cheese. It's all smooth sailing with this thick and silky smooth roast butternut pasta sauce, scattered with sun-dried tomatoes and a zesty quinoa flake crumb.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Vegetarian

 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

100g	Butternut Chunks <i>cut into bite-sized pieces</i>
2g	Fresh Rosemary <i>rinsed</i>
15ml	Gluten-free Crumb <i>(7,5ml BIO XXI Quinoa Flakes & 7,5ml Almond Flour)</i>
5g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Onion <i>½ peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
45ml	Cashew Nut Cream Cheese
15ml	Nutritional Yeast
80g	BIO XXI Multigrain Fettuccine
40g	Sun-dried Tomatoes <i>drained & roughly chopped</i>

From Your Kitchen

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

1. HERBY ROAST Preheat the oven to 200°C. Place the butternut pieces and rinsed rosemary on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway. Remove on completion.

2. ZESTY FLAKES Place a nonstick pan over a medium heat — use a deep pan if you have one! When hot, toast the gluten-free crumb for 2-3 minutes until golden, shifting continuously. On completion, toss through ¾ of the chopped parsley, the lemon zest to taste, and seasoning. Remove from the pan and set aside for serving.

3. GET THE BOIL ROLLING When the butternut has 10 minutes remaining, boil a full kettle. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 13-15 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time.

4. CREAMY AND DREAMY Return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft. Add the grated garlic and fry for another minute, shifting continuously. Remove the pan from the heat, and stir through the nutritional yeast and ¾ of the cashew cream cheese. Pour into a blender and add in the cooked butternut, discarding the rosemary stalks. Blend until smooth, gradually adding 100ml of boiled water until pourable but still thick. (You might not need to add all of the water.) Return to the pan, cover to keep warm, and set aside.

5. LEVEL UP When the pasta is cooked, drain and return to the pot. Toss through some oil to prevent sticking. Add to the pan of sauce and toss to coat. Season to taste with lemon juice, salt, and pepper.

6. YUMMM TIME! Bowl up a heap of indulgent butternut pasta. Scatter over the chopped sun-dried tomatoes, zesty quinoa flakes, and remaining parsley. Finish off with dollops of the remaining cashew cream cheese and a lemon wedge. Bravo, Chef!

Nutritional Information

Per 100g

Energy	623kJ
Energy	149Kcal
Protein	5.2g
Carbs	19g
of which sugars	4.4g
Fibre	2.8g
Fat	4.8g
of which saturated	0.3g
Sodium	36mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days