



UCOOK

Creamy Spinach-stuffed Pasta Shells

with toasted sunflower seeds & a marinara sauce

Named after its shape like a conch shell, Conchiglioni pasta is the perfect vehicle for the creamy, garlicky spinach stuffing you will be making, Chef. These will be embraced by a flavourful tomato passata-based sauce featuring fresh oregano and goat's cheese. Perfetto!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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

Ingredients & Prep

100g	Large Pasta Shells
10g	Sunflower Seeds
1	Garlic Clove <i>peel & grate</i>
100g	Spinach <i>rinse & roughly shred</i>
1	Onion <i>peel & slice</i>
10ml	NOMU Cajun Rub
50ml	Tomato Passata
25g	Chevin Goat's Cheese
3g	Fresh Oregano <i>rinse & pick</i>
30ml	Cake Flour
100ml	Low Fat UHT Milk

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 17-20 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. TOAST THE SEEDS Place the sunflower seeds in a large pan (with a lid) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GARLICKY SPINACH Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the grated garlic until fragrant, 30-60 seconds. Add the shredded spinach and cook until wilted, 2-3 minutes. Remove from the pan.

4. CREAMY SAUCE Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. In the final 1-2 minutes, add the NOMU rub and fry until fragrant. Mix in the tomato passata and 100ml of water. Simmer until thickening, 6-8 minutes. In the final 2-3 minutes, mix in the goat's cheese and ½ the rinsed oregano. Remove from the heat, add a sweetener, and season.

5. CREAMY SPINACH Place a pot over medium heat with 20g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add 50ml of the reserved pasta water and the wilted spinach. Simmer until thickening, 1-2 minutes. Loosen with a splash of warm water if it's too thick. Remove from the heat and season.

6. JUST BEFORE SERVING Return the pan with the creamy tomato sauce to medium-low heat. Using tongs, spread the cooked pasta shells out evenly over the creamy tomato sauce, and cover the pasta shells with dollops of the creamy spinach. (Alternatively, stuff the shells with the creamy spinach. Using a tsp, fill each shell with the creamy spinach). Cover with a lid and simmer until warmed through, 3-4 minutes.

7. DINNER IS SERVED Plate up the saucy pasta, sprinkle over the toasted sunflower seeds, and garnish with the remaining oregano. Good job, Chef!

Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	5.8g
Carbs	19g
of which sugars	3.1g
Fibre	2.1g
Fat	3.3g
of which saturated	1.2g
Sodium	313mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 3
Days