



# UCOOK

## Sun-dried Tomato Tagliatelle

with fresh basil & lemon

This scrumptious pasta recipe combines creamy ricotta, hearty sun-dried tomatoes, ribbons of tagliatelle, fresh oregano, and lemon zest to make a velvety, flavour-packed meal that you'll crave again and again!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Chantelle Koekemoer

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Veggie

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 Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

|      |   |
|------|---|
| 375g | Tagliatelle Pasta                                 |
| 30g  | Almonds   |
| 240g | Sun-dried Tomatoes<br><i>drain</i>                |
| 300g | Ricotta Cheese                                    |
| 8g   | Fresh Basil<br><i>rinse &amp; roughly tear</i>    |
| 1    | Lemon<br><i>rinse, zest &amp; cut into wedges</i> |

## From Your Kitchen

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

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

**2. LET'S GO NUTS** Place the almonds in a pan (large enough for the pasta) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SUN-DRIED SAUCE** When the pasta is done, place  $\frac{3}{4}$  of the drained sun-dried tomatoes, the ricotta,  $\frac{3}{4}$  of the torn basil, 6 tbsp of olive oil, and 300ml of pasta water in a blender. Blend until smooth and season.

**4. ALL TOGETHER** Return the pan to low heat. Add the ricotta sauce and the cooked pasta. Mix until combined and loosen with the reserved pasta water if too thick. Simmer until heated through and remove from the heat. Add a squeeze of lemon juice, a sweetener (to taste), and seasoning.

**5. GRANDE GRUB!** Make a bed of the creamy pasta. Sprinkle over the remaining sun-dried tomatoes and the toasted almonds. Garnish with the lemon zest and the remaining basil. Side with a lemon wedge. Bellissimo, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 872kJ   |
| Energy             | 208kcal |
| Protein            | 7.8g    |
| Carbs              | 24g     |
| of which sugars    | 6g      |
| Fibre              | 3.1g    |
| Fat                | 7.7g    |
| of which saturated | 2.5g    |
| Sodium             | 81mg    |

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days