



# UCCOOK

## Dreamy Spinach-stuffed Pasta Shells

with toasted sunflower seeds & a marinara sauce

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	536kJ	3044kJ
Energy	128kcal	728kcal
Protein	5.7g	32.5g
Carbs	18g	99g
of which sugars	3.2g	17.7g
Fibre	2.1g	11.7g
Fat	3.4g	19.4g
of which saturated	1.3g	7.2g
Sodium	292mg	1655mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60ml	80ml	Grated Italian-style Hard Cheese
300g	400g	Large Pasta Shells
30g	40g	Sunflower Seeds
2	2	Garlic Cloves <i>peel &amp; grate</i>
300g	400g	Spinach <i>rinse</i>
2	2	Onions <i>peel &amp; slice</i>
30ml	40ml	NOMU Cajun Rub
150ml	200ml	Tomato Passata
75g	100g	Chevin Goat's Cheese
8g	10g	Fresh Oregano <i>rinse &amp; pick</i>
90ml	125ml	Cake Flour
300ml	400ml	Low Fat UHT Milk

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Butter  
Seasoning (salt & pepper)

**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 garlic until fragrant, 30-60 seconds. Add the spinach and cook until wilted, 3-4 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 onion until soft and lightly golden, 5-6 minutes. In the final 1-2 minutes, add the NOMU rub and fry until fragrant. Mix in the tomato passata and 300ml [400ml] of water. Simmer until thickening, 6-8 minutes. In the final 2-3 minutes, mix in the goat's cheese and ½ the oregano. Remove from the heat, add a sweetener (to taste), and season.

**5. CREAMY SPINACH** Place a pot over medium heat with 60g [80g] 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 150ml [200ml] of the reserved pasta water and the wilted spinach. Simmer until thickening, 2-3 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, 4-5 minutes.

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