



# UCCOOK

## Vegetarian Red Pepper Pesto Pasta

with blistered baby tomatoes & fresh basil

This scrumptious pasta recipe combines blistered baby tomatoes, pops of chilli, red pepper pesto, and Italian-style cheese to create the perfect flavour-packed sauce for al dente penne pasta. Garnished with fresh basil and toasted sunflower seeds.

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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:** Samantha du Toit

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 Quick & Easy

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 Painted Wolf Wines | The Den Pinotage Rosé 2023

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## Ingredients & Prep

300g	Penne Pasta
30g	Sunflower Seeds
2	Onions <i>1½ peeled &amp; finely sliced</i>
1	Garlic Heads <i>peeled &amp; grated</i>
15ml	Dried Chilli Flakes
300g	Baby Tomatoes <i>rinsed</i>
150ml	Pesto Princess Red Pepper Pesto
8g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>
75ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. PENNE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

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

**3. START THE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and the chilli flakes (to taste). Fry until fragrant, 1-2 minutes. Add the rinsed baby tomatoes and fry until blistered, 5-6 minutes. While frying, gently squash the tomatoes with the back of a wooden spoon until they burst. Season, remove from the pan, and set aside.

**4. TOSS IT TOGETHER** Toss the blistered baby tomato mix, the pesto, ½ the torn basil, and ½ the cheese through the cooked pasta.

**5. TUCK IN, CHEF!** Bowl up the red pepper pesto pasta. Sprinkle over the remaining cheese and drizzle with olive oil. Garnish with the remaining basil and the toasted sunflower seeds.

## Nutritional Information

Per 100g

Energy	798kJ
Energy	191kcal
Protein	7.7g
Carbs	24g
of which sugars	2.9g
Fibre	2.5g
Fat	5g
of which saturated	1.5g
Sodium	200mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Tree Nuts

Cook  
within  
4 Days