



UCOOK

Waterford's Sun-dried Tomato Penne

with aubergine, cashew cream cheese & fresh basil

Fun fact: Tomatoes are classified as a fruit, because they grow from a flower & contain seeds. If that news surprised you, wait until you taste this easy but o-so-delicious tomatoey pasta! This dish really shows off the versatility of tomatoes, with sundried-tomato pesto, roasted aubergine, cashew nut cream cheese, & slices of sun-dried tomatoes. Finished with fresh spinach & basil.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Waterford Estate

 Veggie

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
50ml	Pesto Princess Sun-dried Tomato Pesto
50ml	Cashew Nut Cream Cheese
125g	Penne Pasta
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Spinach <i>rinsed</i>
30g	Sun-dried Tomatoes <i>drained & roughly sliced</i>
2,5ml	Dried Chilli Flakes
4g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. AWESOME AUBS Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 25-30 minutes until soft and browned, shifting halfway. In a bowl, combine the sun-dried tomato pesto, the cream cheese and seasoning.

2. BUBBLING AWAY Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 10-12 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

3. START THE SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft and browned, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Remove from the heat and set aside.

4. ALMOST THERE... When the aubergine is roasted, add ½ to the pan with the onion mixture. Place over a low heat until warmed through. Remove from the heat and add the mixture to the pot of cooked pasta along with the sun dried-tomato pesto sauce, the rinsed spinach, and seasoning. Mix until combined. Loosen with the reserved pasta water, if necessary.

5. WELL DONE! Plate up the pesto pasta. Scatter over the remaining aubergine, the sliced sun-dried tomatoes, and the chilli flakes (to taste). Garnish with the torn basil. Delish, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the aubergine? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-20 minutes until cooked through and crispy.

Nutritional Information

Per 100g

Energy	557kJ
Energy	133kcal
Protein	4.4g
Carbs	21g
of which sugars	3.6g
Fibre	2.4g
Fat	2.9g
of which saturated	0.2g
Sodium	26mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days