



UCCOOK

Silky Green Linguine

with roasted baby tomatoes & toasted pine nuts

A silky smooth sauce of spinach, kale, lemon, and roasted garlic generously coat silky linguine pasta. Served with peas, sweet roasted tomatoes, and crunchy pine nuts. This dish is as delicious as it is beautiful!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

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Ingredients & Prep

80g	Baby Tomatoes <i>rinsed & halved</i>
1	Garlic Clove
20g	Spinach <i>rinsed</i>
50g	Kale <i>rinsed & roughly shredded</i>
125g	Linguine Pasta
1	Lemon <i>½ rinsed, zested & cut into wedges</i>
10ml	Nutritional Yeast
50g	Peas
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>
10g	Pine Nuts

From Your Kitchen

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

1. ROASTY TOMS Preheat the oven to 200°C. Place the halved baby tomatoes and whole, unpeeled garlic clove on a roasting tray. Coat in oil and seasoning. Pop in the hot oven and roast until softened and starting to blister, 10-15 minutes.

2. BLANCHING AWAY Bring a pot of water to a boil. When boiling, blanch the rinsed spinach and the shredded kale until wilted, 1-2 minutes. Drain, reserving the water, and rinse under cold water to stop the cooking process. When cooled, squeeze out as much water as you can.

3. BUBBLE, BUBBLE BOIL & NO TROUBLE Return the pot of spinach and kale water to medium-high heat. When boiling, add a pinch of salt and cook the pasta until al dente, 8-10 minutes. Drain, reserving 100ml of pasta water, and toss through a drizzle of olive oil.

4. A FOOD WHIZZ When the tomatoes are finished roasting, remove the garlic clove from the tray. Carefully squeeze the garlic flesh into a blender. Add the blanched kale and spinach, the lemon zest, the juice of 1 lemon wedge, ½ the nutritional yeast, a drizzle of olive oil, seasoning, and the reserved pasta water. Pulse until smooth, adding more water if necessary. Add to the pot of cooked pasta. Toss through the peas, ½ the roasted tomatoes, ½ the torn basil, a drizzle of olive oil, and seasoning.

5. TOASTED PINE NUTS Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

6. GLORIOUS GREEN PASTA! Pile up a generous helping of the saucy green pasta. Top with the toasted pine nuts and the remaining roasted tomatoes, basil, nutritional yeast and a good grind of pepper. Serve with a lemon wedge. Beautiful work, Chef!



Chef's Tip

We recommend using a good quality, extra-virgin olive oil for this dish.

Nutritional Information

Per 100g

Energy	705kj
Energy	169kcal
Protein	6.7g
Carbs	24g
of which sugars	2.8g
Fibre	3.7g
Fat	2.7g
of which saturated	0.4g
Sodium	30mg

Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook
within
4 Days