



# UCCOOK

## Summer Pasta Bowl

**with sunflower seeds, peas & grated Italian-style hard cheese**

An egg noodle bowl loaded with contrasting textures and complementary flavours to celebrate Summer. Pops of plump peas, nutty sunflower seeds, fresh basil, briny olives and Pesto Princess Basil Pesto combine for a super satisfying lunch.

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**Hands-on Time:** 8 minutes

**Overall Time:** 15 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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Lunch

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## Ingredients & Prep

6 cakes	Egg Noodles
180ml	Pesto Princess Basil Pesto
150g	Peas
30g	Sunflower Seeds
60g	Pitted Kalamata Olives <i>drain &amp; roughly slice</i>
90ml	Grated Italian-style Hard Cheese
8g	Fresh Basil <i>rinse, pick &amp; roughly slice</i>

## From Your Kitchen

Salt & Pepper  
Water

**1. NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Cook in the microwave until al dente, 12-15 minutes. Drain by placing a plate over the bowl, leaving a small gap for the water to drain, and tilting the bowl over a sink into another bowl to reserve the water.

**2. LUNCH IS READY** In a bowl, combine the noodles, the pesto, the peas, the sunflower seeds, the sliced olives, loosen with the reserved water until saucy consistency, and season. Sprinkle over the grated cheese and garnish with the sliced basil. Enjoy!

## Nutritional Information

Per 100g

Energy	1414kj
Energy	338kcal
Protein	11g
Carbs	37g
of which sugars	1.7g
Fibre	2.3g
Fat	15.7g
of which saturated	3.3g
Sodium	323mg

## Allergens

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

Eat  
Within  
4 Days