



UCOOK

Lemony Pasta, Peas & Ricotta

with pumpkin seeds

This vegetarian pasta has it all: easy-to-follow steps, elevated ingredients, varying textures and most important of all, the wow factor. Look forward to a flavourful fork full of al dente tagliatelle pasta covered in a ricotta, cream, pea & lemon sauce, layered with wilted kale, silky onions, and a chilli kick.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Stephanie Kuhn

Veggie

Muratie Wine Estate | Muratie Laurens
Campher White Blend 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Tagliatelle Pasta
20g	Pumpkin Seeds
100g	Kale <i>rinse & roughly shred</i>
1	Onion <i>peel & finely dice</i>
200g	Ricotta Cheese
100g	Peas
200ml	Fresh Cream
30ml	Lemon Juice
10ml	Dried Chilli Flakes

From Your Kitchen

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

1. ALWAYS AL DENTE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. VEGGIE MEDLEY Add the shredded kale to a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the dressed kale and fry until slightly wilted, 2-3 minutes. Set aside.

4. GREAT GREEN SAUCE In a blender, add the ricotta cheese, the peas, the cream, the lemon juice (to taste), and seasoning. Pulse until smooth and creamy. Set aside.

5. BETTER TOGETHER To the pan with the kale & onion, toss through the cooked pasta, the chilli flakes (to taste), and the blended green sauce. If the sauce is too thick, loosen with the reserved pasta water until desired consistency. Set aside.

6. PERFECT PASTA Plate up the luscious green pasta and sprinkle with the toasted seeds. If you would like more heat, sprinkle over any remaining chilli flakes. Indulge, Chef!

Nutritional Information

Per 100g

Energy	757kJ
Energy	181kcal
Protein	5.7g
Carbs	15g
of which sugars	3g
Fibre	2.1g
Fat	9.2g
of which saturated	5.3g
Sodium	38mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days