



UCCOOK

Walnut & Basil Pesto Pasta

with spinach & garlic mushrooms

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	370kj	2619kj
Energy	89kcal	627kcal
Protein	4.3g	30.2g
Carbs	13g	94g
of which sugars	2.4g	16.9g
Fibre	2.5g	17.7g
Fat	1.6g	11.2g
of which saturated	0.6g	3.9g
Sodium	63mg	445mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Linguine Pasta
40ml	80ml	Pesto Princess Basil Pesto
20g	40g	Spinach <i>rinse</i>
10g	20g	Walnuts
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	2	Garlic Clove/s <i>peel & grate</i>
30g	60g	Danish-style Feta <i>drain</i>
2,5ml	5ml	Dried Chilli Flakes
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. LOVELY LINGUINE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Loosen the pesto with olive oil. Drain the pasta and toss through the loosened pesto and the spinach.

2. SMELLS LIKE A WINTER WONDERLAND Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GARLICKY MUSHROOMS Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 5-6 minutes (shifting occasionally). In the final minute, add garlic (to taste). Remove from the pan and season.

4. NOW THAT'S A PASTA DISH! Dish up the pesto pasta and top with the garlicky mushrooms. Crumble over the feta, sprinkle over the walnuts and the chilli flakes (to taste). Finish with a generous drizzle of lemon juice. Tuck in!