



UCOOK

Glorious Green Pasta

**with blistered baby tomatoes,
Italian-style cheese & balsamic reduction**

A quick & easy vegetarian dish brought to life by the flavours of our glorious green goddess sauce. The combination of guacamole, spinach, crème fraîche, and toasted walnuts make this effortless pasta dish irresistible!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Inkosinako Hlanganisa

 Veggie

 Muratie Wine Estate | Muratie Laurens
Campher White blend 2020

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Ingredients & Prep

100g	Tagliatelle Pasta
15g	Walnuts <i>roughly chopped</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Heads <i>peeled & grated</i>
5ml	NOMU Italian Rub
40g	Spinach <i>rinsed</i>
80g	Baby Tomatoes <i>rinsed</i>
80g	Guacamole
25ml	Crème Fraîche
30g	Italian-style Hard Cheese <i>grated</i>
10ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Blender

1. HASTA LA PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. FRY PARTY Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion, the grated garlic, and the NOMU rub until soft and translucent, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. SPINACH PLEASE Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, sauté the rinsed spinach until slightly wilted, 1-2 minutes. Remove from the pan and season.

4. BLISTERED, BABY Place a clean pan over medium heat with a drizzle of oil. When hot, fry the baby tomatoes until blistered and charred, 3-4 minutes. In the final minute, add a sweetener and season. Remove from the heat and set aside.

5. GLORIOUS GREEN SAUCE To a blender, add the onion mixture, $\frac{3}{4}$ of the toasted walnuts, the guacamole, the sautéed spinach, and the crème fraîche. Pulse until smooth. Season and gradually loosen with milk (optional) or water in 10ml increments until desired consistency. Toss the cooked pasta through the sauce.

6. GREEN MEANS GO! Pile up a helping of the glorious green pasta. Top with the blistered baby tomatoes and sprinkle over the grated hard cheese. Drizzle over the balsamic reduction and garnish with the remaining chopped walnuts. Dig in, Chef!

Nutritional Information

Per 100g

Energy	843kJ
Energy	202kcal
Protein	6.1g
Carbs	17g
of which sugars	4g
Fibre	2.2g
Fat	9.9g
of which saturated	3.2g
Sodium	85mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days