Eat Within 5 Days

UCOOK

Basil Pesto Bowl

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

Hands-on Time: 8 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	1406kJ	3691kJ
Energy	336kcal	883kcal
Protein	11.2g	29.3g
Carbs	38g	100g
of which sugars	1.8g	4.6g
Fibre	2.4g	6.2g
Fat	15g	39.2g
of which saturated	3.2g	8.4g
Sodium	316mg	830mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 cakes	8 cakes	Egg Noodles
150ml	200ml	Pesto Princess Basil Pesto
150g	200g	Peas
30g	40g	Sunflower Seeds
60g	80g	Pitted Kalamata Olives *drain & roughly slice*
90ml	125ml	Grated Italian-style Hard Cheese

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. OODLES OF 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, and the olives. Loosen with the reserved water until saucy consistency and season. Sprinkle over the cheese and enjoy!