



UCCOOK

Red Pepper Pesto Pasta

with blistered baby tomatoes & fresh basil

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Stettyn Wines | Stettyn Family Range
Babelki Brut Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	707kJ	3191kJ
Energy	169kcal	763kcal
Protein	5.9g	26.9g
Carbs	25g	113g
of which sugars	3.5g	15.7g
Fibre	2.8g	12.7g
Fat	4.1g	18.7g
of which saturated	0.6g	2.6g
Sodium	132mg	596mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Penne Pasta
30g	40g	Sunflower Seeds
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Chilli Flakes
300g	400g	Baby Tomatoes <i>rinse</i>
150ml	200ml	Pesto Princess Red Pepper Pesto
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>
60ml	80ml	Nutritional Yeast
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (Salt & Pepper)

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

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

3. START THE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the garlic and the chilli flakes (to taste). Fry until fragrant, 1-2 minutes. Add the baby tomatoes and fry until blistered, 5-6 minutes. While frying, gently squash the tomatoes with the back of a wooden spoon until they burst. Season, remove from the pan and set aside.

4. TOSS IT TOGETHER Toss the blistered baby tomato mix, the pesto, ½ the basil, and ½ the yeast through the cooked pasta and loosen with the reserved pasta water until the desired consistency.

5. TUCK IN, CHEF! Bowl up the red pepper pesto pasta. Sprinkle over the remaining yeast (to taste) and drizzle with the lemon juice and olive oil. Garnish with the remaining basil and the toasted sunflower seeds.