



UCOOK

Spinach & Feta Pasta Shells

with Italian-style hard cheese & fresh oregano

Al dente pasta shells are elevated with a tantalising taste combination of earthy spinach, creamy feta, sour cream, and coated in a sweet tomato passata sauce. Flavours of garlic, chilli & mushrooms, with a scattering of Italian hard cheese complete this memorable dish.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Megan Bure

 Veggie

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

250g	Large Pasta Shells
1	Onion <i>peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Dried Chilli Flakes
250g	Button Mushrooms <i>roughly sliced</i>
200ml	Tomato Passata
60ml	Sour Cream
80g	Spinach <i>rinsed</i>
80g	Danish-style Feta <i>drained</i>
8g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
50g	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. PASTA, PRONTO! Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 17-20 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. SLICE, DICE & FRY Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add in the grated garlic and chilli flakes (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Mix in the sliced mushrooms and fry until golden, 5-6 minutes (shifting occasionally).

3. TASTY TOMATO SAUCE Once the mushrooms are done, pour in the tomato passata and 100ml of water. Lower the heat and simmer until reduced and thickened, 10-12 minutes (shifting occasionally). Add a sweetener and seasoning.

4. REUNITED When the sauce has 5 minutes remaining, stir through the sour cream, the rinsed spinach, the drained feta, cooked pasta and ½ the chopped oregano. Add some of the reserved pasta water if the sauce is too thick.

5. PERFECT PASTA Plate up a hearty helping of the spinach & feta pasta and scatter over the hard cheese. Garnish with the remaining chopped oregano.

Nutritional Information

Per 100g

Energy	613kJ
Energy	146kcal
Protein	6.4g
Carbs	20g
of which sugars	2.8g
Fibre	2.2g
Fat	4.2g
of which saturated	2.2g
Sodium	137mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days