



UCOOK

Cheesy Pesto Girasoli

with Pesto Princess basil pesto & fresh basil

Italian for 'sunflower', this flower-shaped pasta is delicate, full of flavour, and just so pretty to look at! These delectable vessels will soon be coated in a Pesto Princess Basil Pesto-infused crème fraîche sauce, featuring golden pan-fried mushrooms & earthy spinach, and garnished with fresh basil.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

 Paardenkloof Wines | Paardenkloof Ecology
"Desert Rose" Sauvignon Blanc 2021

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Ingredients & Prep

175g	Three Cheese Girasoli
5ml	Vegetable Stock
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
30ml	Pesto Princess Basil Pesto
20g	Spinach <i>rinse</i>
25ml	Crème Fraîche
3g	Fresh Basil <i>rinse & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. IT'S A GO FOR GIRASOLI Boil the kettle. Bring a pot of salted water to a boil for the girasoli. Cook the girasoli until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

2. STOCK & MUSHROOMS Dilute the stock with 100ml of boiling water. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

3. CREAMY PESTO SAUCE Place a large pan over medium heat with 15g of butter. Heat until melted and foaming, 30-60 seconds. Slowly whisk in the diluted stock. Simmer until slightly thickened, 2-3 minutes. Stir in the pesto, the rinsed spinach, and the golden mushrooms. Mix until wilted, 1-2 minutes. Remove from the heat, mix in the crème fraîche, season, and add the girasoli.

4. PRETTY PASTA Plate up the girasoli with the creamy pesto sauce. Garnish with the torn basil. Dig in, Chef!

Nutritional Information

Per 100g

Energy	1099kJ
Energy	263kcal
Protein	7.8g
Carbs	19g
of which sugars	3.6g
Fibre	1.9g
Fat	15.3g
of which saturated	7.3g
Sodium	469mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days