



# 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.

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Samantha du Toit

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Veggie

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 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 &amp; roughly slice</i>
30ml	Pesto Princess Basil Pesto
20g	Spinach <i>rinse</i>
25ml	Crème Fraîche
3g	Fresh Basil <i>rinse &amp; 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