



UCOOK

Lemon, Ricotta & Pea Pasta

**with almonds, grated Italian-style hard
cheese & spinach**

Perfectly al dente penne pasta is doused in a creamy sauce of ricotta, peas, garlic, Italian-style cheese, and spinach. Garnished with fresh lemon zest and toasted almonds. Delish!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Farren Abbott

 Veggie

 No paired wines

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Ingredients & Prep

125g	Penne Pasta
15g	Almonds
100g	Ricotta Cheese
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
50g	Peas
1	Lemon <i>½ zested & cut into wedges</i>
30ml	Grated Italian-style Hard Cheese
50g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. PENNE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. START THE SAUCE Loosen the ricotta with 40ml of water. Set aside. Return the pan to medium heat with a drizzle of oil. When hot, add the diced onion and fry until golden, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, about 1 minute (shifting constantly). Remove from the heat and stir in 3/4 of the peas and the loosened ricotta until heated through, 1-2 minutes.

4. BLEND IT UP In a blender, add the juice of 1 lemon wedge, the creamy pea & onion mixture, and ½ the grated cheese. Blend until smooth. Loosen with the reserved pasta water until the desired consistency. Season and toss through the cooked pasta. Loosen with a splash of the reserved pasta water if it's too thick.

5. FINAL TOUCHES Return the pot of pea pasta to medium heat. Stir through the remaining peas and the shredded spinach until wilted, 2-3 minutes.

6. ET VOILA! Plate up the pea & ricotta pasta. Sprinkle over the lemon zest, the remaining cheese, and the toasted almonds. Serve with any remaining lemon wedge. Service, please!

Nutritional Information

Per 100g

Energy	802kj
Energy	192kcal
Protein	8.8g
Carbs	25g
of which sugars	2.6g
Fibre	2.7g
Fat	6g
of which saturated	2.5g
Sodium	142mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 5
Days