



UCOOK

Midnight Feast Pasta

with lemon, parsley crumb & Italian-style cheese

There's something about perfectly cooked pasta that trumps all other possibilities. A true feast is ready in minutes - good fettuccine, good olive oil, garlic, sun-dried tomatoes and a little red chilli are all you need.

Hands-On Time: 20 minutes


Overall Time: 30 minutes

Serves: 3 People

Chef: Alex Levett



Vegetarian

 Anthonij Rupert | Cape of Good Hope Altima
Sauvignon Blanc

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Ingredients & Prep

375g	Fresh Fettuccine Pasta
185ml	Panko Breadcrumbs
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
3	Garlic Cloves <i>peeled & grated</i>
3	Fresh Chillies <i>deseeded & finely chopped</i>
85ml	Grated Italian-style Hard Cheese
75g	Sun-dried Tomatoes <i>drained & roughly chopped</i>

From Your Kitchen

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

1. FAB FETTUCCINE Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 2-3 minutes until al dente. Drain on completion, reserving a cup of pasta water. Toss through some oil to prevent sticking.

2. DIVINE CRUMB Place a pan over a medium heat with a knob of butter (optional). When hot, toast the breadcrumbs for 2-3 minutes until golden brown. On completion, place in a bowl and mix through ½ the chopped parsley and some lemon zest.

3. FRAGRANT MIX Once the pasta is done, return the pan to a medium heat with a drizzle of oil. When hot, fry the grated garlic and the chopped chilli (to taste) for 1-2 minutes until fragrant, shifting constantly. Add the cooked pasta, ¾ of the grated hard cheese, ½ the toasted panko mix, the juice from 3 lemon wedges and a big drizzle of olive oil. While stirring the pasta or tossing the pan, slowly pour in the reserved pasta water until a saucy consistency.

4. MIDNIGHT FEAST... Bowl up a generous helping of the fragrant pasta. Sprinkle over the chopped sun-dried tomatoes, the remaining cheese, and the remaining panko mix. Side with any remaining lemon wedges. Easy as ever!



Chef's Tip

To elevate this dish even further, if you have some capers floating around your fridge, throw them in with the chilli and garlic, and fry away!

Nutritional Information

Per 100g

Energy	1041kJ
Energy	249Kcal
Protein	10.7g
Carbs	40g
of which sugars	3g
Fibre	3.3g
Fat	4.8g
of which saturated	1.6g
Sodium	260mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days