



U C O O K

— COOKING MADE EASY

Creamy Butternut Tagliatelle

with sun-dried tomatoes, cashew cream cheese & panko breadcrumbs

This 'creamy' delight is totally vegan! Dazzlingly fresh, egg-free pasta with a smooth sauce of roast butternut, garlic, and cashew nut cream cheese – covered in sprinkles of sun-dried tomatoes and zesty, toasted breadcrumbs.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

| | |
|------|--|
| 300g | Butternut Chunks <i>cut into bite-size pieces</i> |
| 4g | Fresh Rosemary <i>rinsed</i> |
| 30ml | Panko Breadcrumbs |
| 10g | Fresh Parsley <i>rinsed, picked & roughly chopped</i> |
| 1 | Lemon <i>zested & cut into wedges</i> |
| 1 | Onion <i>peeled & finely diced</i> |
| 4 | Garlic Cloves <i>peeled & grated</i> |
| 60ml | Cashew Nut Cream Cheese |
| 30ml | Nutritional Yeast |
| 250g | Fresh Tagliatelle (Egg-Free) |
| 80g | Sun-Dried Tomatoes <i>drained & roughly sliced</i> |

From Your Kitchen

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

1. ROSEMARY BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces and rinsed rosemary sprigs on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. ZESTY PANKO CRUMB Place the breadcrumbs in a nonstick pan over a medium heat. Toast for 2-3 minutes until a light gold, shifting continuously. On completion, toss through three-quarters of the chopped parsley, some seasoning, and the lemon zest to taste. Remove from the pan and set aside for serving.

3. GET THE BOIL ROLLING When the butternut has 5 minutes remaining, boil a full kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until soft. Add the grated garlic and fry for another minute, shifting continuously. Remove the pan of sauce from the heat and stir through three-quarters of the cashew cream cheese.

4. CREAMY SAUCE Place the sauce in a blender with the nutritional yeast. Add in the cooked butternut, discarding the thick rosemary stalks. Blend until smooth, gradually adding 150ml of boiling water until able to be poured but still thick. (You may not need to add all of the water.) Return the sauce to the pan and place over a low heat to keep warm while you cook the pasta.

5. COOK THE PASTA Fill a pot with boiled water and place over a high heat. Once boiling rapidly, cook the pasta for 2-3 minutes until al dente. Fresh pasta cooks quickly, so be careful not to overcook! Drain on completion and toss through some oil to prevent sticking. Add to the pan of sauce and toss to coat. Season, add a squeeze of lemon juice to taste, and remove from the heat.

6. YUMMM Dish up some bowls of indulgent butternut pasta. Scatter over the sliced sun-dried tomatoes, the zesty panko crumb, and the remaining chopped parsley. Finish off with dollops of the remaining cashew cream cheese and side with a lemon wedge. Bravo, Chef!



Chef's Tip

Cooking pasta in salted water instead of only seasoning it afterwards allows it to absorb the salt, enhancing its flavour from the inside out. Because the salt is dispersed throughout the dish and not just on the surface of the pasta, you get a superior-tasting end result!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 663kJ |
| Energy | 158Kcal |
| Protein | 6.3g |
| Carbs | 24g |
| of which sugars | 4.1g |
| Fibre | 2.8g |
| Fat | 3.4g |
| of which saturated | 0.4g |
| Sodium | 42mg |

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days