



UCCOOK

The Perfect Pesto Pasta

with blistered baby tomatoes & crispy onions

A super quick and easy dinner! Pasta with delicious homemade pesto, mozzarella cheese, grated Italian cheese and finished off with a garnish of sweet crispy onions.


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Vegetarian

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
15g	Sunflower Seeds
25g	Fresh Basil <i>picked, rinsed & finely chopped</i>
50ml	Grated Italian-style Hard Cheese
125g	Tagliatelle Pasta
100g	Baby Tomatoes <i>halved</i>
25g	Grated Mozzarella
10ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender (optional)

1. CHICK OUT THOSE PEAS Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 8-10 minutes until crispy and caramel in colour. For best results, only shift them occasionally. If they start to pop out, use a lid to rein them in. On completion, season and remove from the pan.

2. HEY PESTO! Place a pot over a medium heat with sunflower seeds. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pot on completion and finely chop. Place in a bowl with the chopped basil, ½ the grated Italian-style cheese, 50ml of olive oil, and some seasoning. Mix until fully combined. Alternatively, place all the ingredients in a blender and blend until smooth.

3. PASTA LA VISTA! Return the pot to a high heat and fill with salted water. Once bubbling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water. Toss some oil through the pasta to prevent sticking and return to the pot. Cover with a lid to keep warm.

4. BLISTER THE TOMS Return the pan to a medium heat with a drizzle of oil. When hot, fry the halved tomatoes for 3-4 minutes until blistered and charred. In the final minute, add a sweetener of choice (to taste) and some seasoning.

5. ALL TOGETHER NOW Add the homemade pesto, charred tomatoes, and grated mozzarella to the cooked pasta and mix until fully combined. Add the reserved pasta water if the sauce is too thick. Place over a medium heat and cook until warmed through and the cheese is melted.

6. OH MY FOODNESS! Make a bed of pasta and scatter over the crispy chickpeas. Sprinkle over the remaining Italian-style cheese and garnish with the crispy onions. Well done, Chef!



Chef's Tip

We recommend using a good quality, extra-virgin olive oil for this dish.

Nutritional Information

Per 100g

Energy	969kJ
Energy	232Kcal
Protein	10.1g
Carbs	24g
of which sugars	2.1g
Fibre	3g
Fat	7.3g
of which saturated	2.4g
Sodium	92mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within
4 Days