



# UCOOK

## Double Creamy Butternut Pasta

with cashew nut cream cheese & sun-dried tomatoes

The ultimate vegan dish of dreams! Wholewheat spaghetti is coated in a silky roasted butternut sauce, boasting double creaminess with nutritional yeast and cashew nut cream cheese. It is then scattered with zingy sun-dried tomatoes, a zesty quinoa flake topping and fresh parsley. Divine is an understatement!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

 Veggie

---

 Creation Wines | Creation Chenin Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

100g	Butternut Chunks <i>cut into bite-sized pieces</i>
4g	Fresh Rosemary <i>rinsed</i>
30ml	BIO XXI Quinoa Flakes
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
125g	Wholewheat Spaghetti
1	Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	Nutritional Yeast
45ml	Cashew Nut Cream Cheese
40g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>

## From Your Kitchen

---

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

**1. ROSY BUTTERNUT** Preheat the oven to 200°C. Place the butternut pieces and rinsed rosemary 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. Remove on completion.

**2. ZESTY QUINOA FLAKES** Place a nonstick pan over a medium heat – use a deep pan if you have one! When hot, toast the quinoa flakes for 2-3 minutes until light gold, shifting continuously. On completion, remove from the heat and toss through  $\frac{3}{4}$  of the chopped parsley, the lemon zest to taste, and seasoning. Remove from the pan and set aside for serving.

**3. GET THE BOIL ROLLING** When the butternut has 10 minutes remaining, boil a full kettle. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 13-15 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time.

**4. CREAMY AND DREAMY** Return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft. Add the grated garlic and fry for another minute, shifting continuously. Remove the pan from the heat, and stir through the nutritional yeast and  $\frac{3}{4}$  of the cashew cream cheese. Pour into a blender and add in the cooked butternut, discarding the rosemary stalks. Blend until smooth, gradually adding 100ml of boiled water until pourable but still thick. (You might not need to add all of the water.) Return to the pan, cover to keep warm, and set aside.

**5. SAUCE TIME** When the pasta is cooked, drain and return to the pot. Toss through some oil to prevent sticking. Add to the pan of sauce and toss to coat. Season to taste with lemon juice, salt, and pepper.

**6. YOU BUTTERNUT SKIMP ON THIS PASTA!** Bowl up a heap of indulgent butternut pasta. Scatter over the chopped sun-dried tomatoes, the zesty quinoa flakes, and the remaining parsley. Finish off with dollops of the remaining cashew cream cheese and side with a lemon wedge. Bravo, Chef!

## Nutritional Information

---

Per 100g

Energy	856kJ
Energy	203kcal
Protein	7.2g
Carbs	32g
of which sugars	4.5g
Fibre	3g
Fat	4.6g
of which saturated	0.4g
Sodium	32mg

---

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days