



UCCOOK

One Pot Creamy Bacon Pasta

with baby spinach & pumpkin seeds

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Ropa Zengeni

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	1323kJ	3915kJ
Energy	316kcal	937kcal
Protein	13.8g	40.8g
Carbs	25g	75g
of which sugars	4.6g	13.6g
Fibre	2.2g	6.5g
Fat	19.1g	56.6g
of which saturated	6.8g	20.2g
Sodium	475mg	1407mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Pumpkin Seeds
12 strips	16 strips	Streaky Pork Bacon
3	4	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Tomato Paste
225g	300g	Gnocchi Shell Pasta
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
150ml	200ml	Sour Cream
60g	80g	Baby Spinach <i>rinse</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Butter

1. TOAST Place the pumpkin seeds in a pot over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. BACON Return the pot to medium-high heat with a drizzle of oil. Fry the bacon strips until browned and crispy, 1-2 minutes per side. You may need to do this step in batches. Remove from the pot and drain on paper towel. Roughly chop and set aside.

3. ONE POT Return the pot to medium heat with a knob of butter. Fry the garlic and the tomato paste until fragrant, 1-2 minutes. Add the pasta and 700ml [900ml] of water. Cook until the pasta is al dente and the water has almost evaporated, 12-15 minutes. Mix in the sun-dried tomatoes, sour cream, bacon, baby spinach, and a splash of water. Simmer until combined and the spinach is wilted, 2-3 minutes. Remove from the heat and season.

4. TIME TO DINE Bowl up the Tuscan bacon gnocchi, scatter over the seeds, and garnish with a sprinkle of the parsley. Well done, Chef!