



UCOOK

Dreamy Butternut Pasta Shells

with pecan nuts, lemon zest & fresh thyme

This dish is a perfect combination of creamy goodness, nutty crunch, and zesty freshness. The large pasta shells are perfect for cradling all that velvety & yummy butternut sauce. Topped off with crunchy & zesty pecan nuts and fragrant fresh thyme, this recipe is sure to make your taste buds dance with joy!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Chardonnay

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

Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
125g	Large Pasta Shells
15g	Pecan Nuts
1	Lemon <i>½ zested & cut into wedges</i>
1	Onion <i>½ peeled & roughly diced</i>
4g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
5ml	Smoked Paprika
1	Garlic Clove <i>peeled & grated</i>
50ml	Crème Fraîche
25ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. BETTER NOT FORGET THE BUTTERNUT Place the butternut pieces in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and place in a blender.

2. PASTA, PRONTO! Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

3. SIMPLY THE ZEST Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and roughly chop. Place in a bowl. Add the lemon zest and set aside.

4. VELVETY YUMMINESS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until golden, 3-4 minutes (shifting occasionally). In the final minute, add ½ the chopped thyme, the paprika, and the grated garlic. Remove from the heat and add to the blender with the butternut. Add the crème fraîche, ½ the grated cheese, a squeeze of lemon juice, seasoning, and a splash of pasta water. Blend until smooth.

5. BRING IT TOGETHER Add the butternut sauce to the pot of cooked pasta and toss until coated. Loosen with a splash of pasta water, if necessary. Season to taste.

6. WHAT DREAMS ARE MADE OF Dish up the butternut pasta shells. Sprinkle over the zesty toasted pecans, and the remaining cheese & thyme. Serve with a lemon wedge and dive in, Chef!

Nutritional Information

Per 100g

Energy	749kJ
Energy	179kcal
Protein	5.2g
Carbs	24g
of which sugars	2.7g
Fibre	2.4g
Fat	6.6g
of which saturated	2.8g
Sodium	24mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 3
Days