



# UCOOK

## Classic Deli Basil Pesto Pasta

**with venison steak, balsamic-caramelised onion & creamy feta**

Dreaming of this deli favourite? We've upped the ante with lean, butter-basted game and whole wheat penne for an even tastier and healthier version. Basil pesto, blistered baby tomatoes, and caramelised onion bring it all together.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Klaudia Weixelbaumer

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 **Easy Peasy**

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## Ingredients & Prep

20g	Sunflower Seeds
1	Onion <i>peeled &amp; finely sliced</i>
20ml	Balsamic Vinegar
250g	Whole Wheat Penne Pasta
200g	Baby Tomatoes <i>rinsed &amp; halved</i>
320g	Venison Steak
85ml	Pesto Princess Basil Pesto
40g	Baby Spinach <i>rinsed</i>
80g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Paper Towel  
Butter  
Water

**1. GET THINGS GOING** Fill a pot with salted water and leave to come to the boil for the pasta. Place the sunflower seeds in a pan over a medium heat. Toast for 3-5 minutes until they start to brown, shifting occasionally. Remove from the pan on completion and set aside.

**2. BALSAMIC CARAMELISATION** Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, stir through the balsamic vinegar to caramelise it further. Transfer to a bowl on completion, cover to keep warm, and set aside.

**3. WHILE THE ONIONS ARE CARAMELISING...** Get on with your pasta! When the water is boiling, cook the penne for 10-12 minutes until al dente. On completion, drain and return to the pot. Toss through some olive oil to prevent sticking and set aside. Return the pan to a medium heat with another drizzle of oil. When hot, cook the halved baby tomatoes for 5-7 minutes until softened and blistered. Season on completion and add to the bowl of caramelised onion.

**4. LEAN & FLAVOURFUL GAME** Wipe down the pan and return to a medium-high heat with another drizzle of oil. Pat the steaks dry with paper towel. When the pan is hot, cook for 6-8 minutes until browned all over and cooked to your preference, shifting and turning as they colour. During the final 1-2 minutes, baste with a knob of butter. On completion, remove from the heat and set aside to rest in the pan for 3-5 minutes before slicing and seasoning.

**5. AND IT ALL COMES TOGETHER** Loosen the pesto with 1 tbsp of olive oil. Return the pot of penne to a low heat. Stir through the pesto, the onion and tomatoes, and half of the rinsed baby spinach. Crumble in three-quarters of the drained feta and gently toss until the penne is coated and heated through.

**6. LA CENA È SERVITA!** Make a bed using the remaining baby spinach and cover in delectable pesto pasta. Lay over the venison steak slices and finish off with crumbles of the remaining feta. Garnish with the toasted sunflower seeds and enjoy!



## Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have the time, fry over a low heat and add on an extra 10-15 minutes cooking time. Stir in a knob of butter towards the end for even creamier results!

## Nutritional Information

Per 100g

Energy	807kJ
Energy	193Kcal
Protein	12.9g
Carbs	16g
of which sugars	1.9g
Fibre	2.4g
Fat	7.5g
of which saturated	2.4g
Sodium	258.3mg

## Allergens

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

Cook  
within  
4 Days