



UCOOK

Vegetarian Tomato Pasta

with Italian-style hard cheese & fresh herbs

Wine, cheese, pasta... you don't get more authentically Italian than this dish, Chef. Beautiful strands of fresh pasta are quickly cooked until al dente, then tossed with a rich Napoletana sauce, with briny olives, pops of capers, & blistered baby tomatoes. Garnished with ribbons of Italian-style hard cheese. Belissimo!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

125g	Fresh Fettuccine Pasta
3g	Fresh Origanum
3g	Fresh Basil
80g	Baby Tomatoes <i>rinse</i>
10ml	NOMU Italian Rub
20ml	White Wine
1 unit	UCOOK Napolitana Sauce
10g	Capers <i>drain</i>
30g	Pitted Kalamata Olives <i>drain & cut in half</i>
20ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. FRESH PASTA, CHEF! Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain and toss through a drizzle of olive oil. While the pasta is on the go, rinse, pick and roughly chop the mixed herbs. Set aside.

2. WINE O'CLOCK Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed baby tomatoes until lightly charred & blistered, 6-8 minutes (shifting occasionally). Remove from the pan and season. Add the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and simmer until almost all evaporated, 30-60 seconds.

3. AMAZING AROMAS When the wine is almost all evaporated, add the Napoletana sauce and simmer until slightly reduced, 8-10 minutes. Stir through the drained capers, the halved olives, the cooked pasta, the charred tomatoes, ½ the chopped herbs, a sweetener (to taste), and seasoning.

4. ITALY ON A PLATE Make a bed of the loaded pasta, sprinkle over the cheese, and garnish with the remaining herbs. Well done, Chef!

Nutritional Information

Per 100g

Energy	538kJ
Energy	129kcal
Protein	4.4g
Carbs	18g
of which sugars	4g
Fibre	2.3g
Fat	2g
of which saturated	0.5g
Sodium	307mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
2 Days