



UCOOK

Vegetarian Basil & Lemon Pesto Pasta

with toasted almonds & fresh lemon

Indulge in a creamy & tangy pasta dish with this vegetarian recipe. Al dente pasta is tossed in olive oil, and then smothered in a buttery sauce with sun-dried tomatoes, pesto, and shredded spinach. The dish is completed with a refreshing squeeze of lemon juice, toasted almonds, and garnished with sliced chili & lemon zest. Perfect for a quick & delicious meat-free Monday meal!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Rhea Hsu

 Quick & Easy

 Paserene | Bright Chardonnay

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Ingredients & Prep

500g	Whole Wheat Fusilli Pasta
40g	Almonds
60ml	Cake Flour
400ml	Low Fat Fresh Milk
120g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
160ml	Pesto Princess Basil & Lemon Pesto
80g	Spinach <i>rinsed & roughly shredded</i>
1	Lemon <i>zested & cut into wedges</i>
1	Fresh Chilli <i>de-seeded & finely sliced</i>

From Your Kitchen

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

1. PRONTO PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 13-15 minutes. Drain and toss through a drizzle of olive oil.

2. NUTS ABOUT NUTS Place the almonds in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUCE BASE Place a pan over a medium heat with 80g of butter. When hot, fry the flour, 1-2 minutes (shifting constantly). Remove from the heat, and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with water until the desired consistency.

4. FINISHING TOUCHES Return the pan with the sauce to a medium heat and bring to a simmer. Stir through the sun-dried tomatoes, the pesto, the cooked pasta, the shredded spinach, a squeeze of lemon juice, and seasoning.

5. DIG IN Dish up the creamy pasta. Scatter over the toasted almonds. Garnish with the sliced chilli (to taste) and the lemon zest (to taste). Serve with any remaining lemon wedges. Enjoy!

Nutritional Information

Per 100g

Energy	706kJ
Energy	169kcal
Protein	3.9g
Carbs	20g
of which sugars	3.6g
Fibre	2g
Fat	8.1g
of which saturated	1.2g
Sodium	134mg

Allergens

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

Cook
within
4 Days