



WCOOK

Creamy Pesto Pasta

with toasted almonds & fresh lemon

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	584kJ	3409kJ
Energy	140kcal	815kcal
Protein	5g	29g
Carbs	17g	101g
of which sugars	3.9g	22.6g
Fibre	2.3g	13.3g
Fat	7g	40.7g
of which saturated	1.5g	8.8g
Sodium	97mg	568mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat,
Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Fusilli Pasta
30g	40g	Almonds
45ml	60ml	Cake Flour
450ml	600ml	Full Cream UHT Milk
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
150ml	200ml	Pesto Princess Basil Pesto
120g	160g	Spinach <i>rinse & roughly shred</i>
1	1	Lemon <i>zest & cut into wedges</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
60ml	80ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (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, 10-12 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 60g [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 spinach, a squeeze of lemon juice, and seasoning.

5. DIG IN Dish up the creamy pasta. Scatter over the toasted almonds. Garnish with the chilli (to taste) and the lemon zest (to taste). Sprinkle with the hard cheese and enjoy!