



# UCOOK

## The Perfect Pesto Pasta

with blistered baby tomatoes & crispy onions

A super quick and easy dinner! Pasta with delicious homemade pesto, mozzarella cheese, grated Italian cheese and finished off with a garnish of sweet crispy onions.

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Vegetarian

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 **Fat Bastard | Chenin Blanc**

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## Ingredients & Prep

180g	Chickpeas <i>drained &amp; rinsed</i>
45g	Sunflower Seeds
75g	Fresh Basil <i>picked, rinsed &amp; finely chopped</i>
150ml	Grated Italian-style Hard Cheese
375g	Tagliatelle Pasta
300g	Baby Tomatoes <i>halved</i>
75g	Grated Mozzarella
30ml	Crispy Onions

## From Your Kitchen

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

**1. CHICK OUT THOSE PEAS** Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 12-15 minutes until crispy and caramel in colour. For best results, only shift them occasionally. If they start to pop out, use a lid to rein them in. On completion, season and remove from the pan.

**2. HEY PESTO!** Place a pot over a medium heat with sunflower seeds. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pot on completion and finely chop. Place in a blender with the basil leaves, ½ the grated Italian-style cheese, and 150ml of olive oil. Blend until smooth, adding more oil if the pesto is too thick for your liking. Alternatively, if you would like a chunkier pesto; place all the ingredients in a bowl and mix until fully combined.

**3. PASTA LA VISTA!** Return the pot to a high heat and fill with salted water. Once bubbling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water. Toss some oil through the pasta to prevent sticking and return to the pot. Cover with a lid to keep warm.

**4. BLISTER THE TOMS** Return the pan to a medium heat with a drizzle of oil. When hot, fry the halved tomatoes for 5-6 minutes until blistered and charred. In the final minute, add a sweetener of choice (to taste) and some seasoning.

**5. ALL TOGETHER NOW** Add the homemade pesto, charred tomatoes, and grated mozzarella to the cooked pasta and mix until fully combined. Add the reserved pasta water if the sauce is too thick. Place over a medium heat and cook until warmed through and the cheese is melted.

**6. OH MY FOODNESS!** Make a bed of pasta and scatter over the crispy chickpeas. Sprinkle over the remaining Italian-style cheese and garnish with the crispy onions. Well done, Chef!



## Chef's Tip

We recommend using a good quality, extra-virgin olive oil for this dish.

## Nutritional Information

Per 100g

Energy	969kJ
Energy	232Kcal
Protein	10.1g
Carbs	24g
of which sugars	2.1g
Fibre	3g
Fat	7.3g
of which saturated	2.4g
Sodium	92mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days