



# U C O O K

— COOKING MADE EASY

## Creamy Butternut Tagliatelle

**with sun-dried tomatoes, cashew cream cheese & panko breadcrumbs**

This 'creamy' delight is totally vegan! Dazzlingly fresh, egg-free pasta with a smooth sauce of roast butternut, garlic, and cashew nut cream cheese – covered in sprinkles of sun-dried tomatoes and zesty, toasted breadcrumbs.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients & Prep

150g	Butternut Chunks <i>cut into bite-size pieces</i>
2g	Fresh Rosemary <i>rinsed</i>
15ml	Panko Breadcrumbs
5g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
1	Lemon <i>one half zested &amp; cut into wedges</i>
1	Onion <i>one half peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
30ml	Cashew Nut Cream Cheese
15ml	Nutritional Yeast
125g	Fresh Tagliatelle (Egg-Free)
40g	Sun-Dried Tomatoes <i>drained &amp; roughly sliced</i>

## From Your Kitchen

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

**1. ROSEMARY BUTTERNUT** Preheat the oven to 200°C. Place the butternut pieces and rinsed rosemary sprigs on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

**2. ZESTY PANKO CRUMB** Place the breadcrumbs in a nonstick pan over a medium heat. Toast for 2-3 minutes until a light gold, shifting continuously. On completion, toss through three-quarters of the chopped parsley, some seasoning, and the lemon zest to taste. Remove from the pan and set aside for serving.

**3. GET THE BOIL ROLLING** When the butternut has 5 minutes remaining, boil a full kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft. Add the grated garlic and fry for another minute, shifting continuously. Remove the pan of sauce from the heat and stir through three-quarters of the cashew cream cheese.

**4. CREAMY SAUCE** Place the sauce in a blender with the nutritional yeast. Add in the cooked butternut, discarding the thick rosemary stalks. Blend until smooth, gradually adding 100ml of boiling water until able to be poured but still thick. (You may not need to add all of the water.) Return the sauce to the pan and place over a low heat to keep warm while you cook the pasta.

**5. COOK THE PASTA** Fill a pot with boiled water and place over a high heat. Once boiling rapidly, cook the pasta for 2-3 minutes until al dente. Fresh pasta cooks quickly, so be careful not to overcook! Drain on completion and toss through some oil to prevent sticking. Add to the pan of sauce and toss to coat. Season, add a squeeze of lemon juice to taste, and remove from the heat.

**6. YUMMM** Dish up a bowl of indulgent butternut pasta. Scatter over the sliced sun-dried tomatoes, the zesty panko crumb, and the remaining chopped parsley. Finish off with dollops of the remaining cashew cream cheese and side with a lemon wedge. Bravo, Chef!



## Chef's Tip

Cooking pasta in salted water instead of only seasoning it afterwards allows it to absorb the salt, enhancing its flavour from the inside out. Because the salt is dispersed throughout the dish and not just on the surface of the pasta, you get a superior-tasting end result!

## Nutritional Information

Per 100g

Energy	663kJ
Energy	158Kcal
Protein	6.3g
Carbs	24g
of which sugars	4.1g
Fibre	2.8g
Fat	3.4g
of which saturated	0.4g
Sodium	42mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 2  
Days