



UCCOOK

Rocket Pesto Linguine

with blistered baby tomatoes & fresh chilli

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Neethlingshof | Gewürztraminer

Nutritional Info

	Per 100g	Per Portion
Energy	688kJ	3331kJ
Energy	165kcal	797kcal
Protein	6.3g	30.4g
Carbs	21g	101g
of which sugars	2.9g	14.1g
Fibre	4.2g	20.2g
Fat	5.7g	27.4g
of which saturated	1.3g	6.3g
Sodium	35mg	167mg

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

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
225g	300g	Linguine Pasta
90g	120g	Almonds <i>roughly chop</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & roughly chop</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
60g	80g	Rocket <i>rinse</i>
90g	120g	Mozzarella Cheese <i>cut into cubes</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Blender
Sugar/Sweetener/Honey (optional)

1. CHICKPEAS Preheat the oven to 200°C. Spread the chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving 90ml [120ml] of pasta water, and toss through a drizzle of olive oil.

3. AROMATICS & CRUNCH Place a pan over medium heat. Toast the almonds until lightly golden (3-4 minutes). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the onion and ½ of the garlic and the chilli (to taste) until fragrant, 6-7 minutes (shifting occasionally). Remove from the pan and set aside.

4. BABY TOMS Return the pan to medium heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final minute, add a sweetener and seasoning. Remove from the pan and set aside.

5. PESTO In a blender, combine the rocket, ¾ of the almonds and the remaining garlic. Blend while slowly adding olive oil, until pesto-like consistency.

6. SAUCE Return the pan to low heat, add the fragrant onion and blistered baby tomatoes to the pan, toss through the rocket pesto and cooked pasta. Loosen with the reserved pasta water and cook until warmed through (3-4 minutes).

7. DISH IT UP Make a bed of green leaves, top with your pasta, finish with the mozzarella cheese, the chickpeas, and the remaining almonds. Tuck in, Chef!