



# UCCOOK

## Spring Pesto Pasta

with toasted almonds & fresh lemon

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

**Veggie:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	678kJ	4160kJ
Energy	162kcal	995kcal
Protein	5.7g	34.9g
Carbs	22g	138g
of which sugars	3.9g	23.9g
Fibre	2.4g	14.5g
Fat	6.7g	41.3g
of which saturated	1.5g	9g
Sodium	91mg	555mg

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

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Fusili Pasta
10g	20g	Almonds
15ml	30ml	Cake Flour
150ml	300ml	Full Cream UHT Milk
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
50ml	100ml	Pesto Princess Basil Pesto
20g	40g	Spinach <i>rinse &amp; roughly shred</i>
1	1	Lemon <i>zest &amp; cut into wedges</i>
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
20ml	40ml	Grated Italian-style Hard Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter  
Seasoning (salt & pepper)

**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 20g [40g] 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 chilli (to taste) and the lemon zest (to taste). Sprinkle with the hard cheese and enjoy!