



# UCOOK

## Grilled Courgette Orecchiette

**with a crunchy gremolata crumb & a sour  
cream sauce**

The firm folds of orecchiette pasta are a texture treat with this silky sauce of garlic, chilli, lemon, sour cream, and Italian-style hard cheese. Tossed with chunks of charred baby marrow and handfuls of baby spinach. Mamma mia!

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**Hands-On Time:** 50 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Vegetarian

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 Warwick Wine Estate | Professor Black  
Sauvignon Blanc

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## Ingredients & Prep

40g	Sunflower Seeds
800g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
500g	Orecchiette Pasta
200ml	Panko Breadcrumbs
15g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>zested &amp; cut into wedges</i>
2	Onions <i>peeled &amp; finely sliced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
2	Fresh Chillies <i>deseeded &amp; finely sliced</i>
375ml	Sour Cream
160g	Spinach <i>rinsed</i>
100g	Italian-style Hard Cheese <i>grated</i>

## From Your Kitchen

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

**1. TOAST THE SEEDS** Fill a pot for the pasta with salted water and allow to come to a boil. Place a pan (large enough to accommodate the pasta and sauce) over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**2. GRILLED BABY MARROW** Place the baby marrow chunks in a bowl, coat in oil, and season. Return the pan to a high heat. When hot, fry the baby marrow for 6-8 minutes until charred. Do this step in batches to avoid overcrowding the pan. Return to the bowl on completion, cover to keep warm, and set aside.

**3. AL DENTE, DELICIOUS!** When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving 1 cup of cooking water, and toss through some olive oil to prevent sticking.

**4. GREMOLATA CRUMB** Return the pan to a medium heat with a drizzle of oil and a knob of butter. Once foaming, toast the breadcrumbs for 3-4 minutes until golden, shifting as they colour. Transfer to a bowl and stir through the chopped mint and some lemon zest to taste. Set aside for serving.

**5. INDULGENT SAUCE** Return the pan to a medium heat with another drizzle of oil. When hot, sauté the sliced onion for 6-7 minutes until soft. Add the grated garlic and chopped chilli (to taste), and sauté for 30-60 seconds until fragrant. Lower the heat slightly and whisk in the sour cream and 170ml of the pasta water. Allow to simmer for 4-5 minutes until thick and silky, stirring frequently. Stir through half of the rinsed spinach, half of the grilled baby marrow, a squeeze of lemon, and three-quarters of the grated cheese until combined. Toss through the cooked pasta, season to taste, and remove from the heat. Gradually mix in some more pasta water if you prefer a slightly thinner sauce.

**6. CREAMY GOODNESS!** Make a bed of the remaining spinach and drizzle over a little oil. Smother in pasta, top with the remaining grilled baby marrow, and scatter over the gremolata crumb. Garnish with the remaining grated cheese, the toasted sunflower seeds, and any remaining lemon zest to taste. Enjoy!

## Nutritional Information

Per 100g

Energy	358kj
Energy	152Kcal
Protein	6g
Carbs	20g
of which sugars	2.4g
Fibre	1.6g
Fat	5.5g
of which saturated	2.4g
Sodium	81mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days