



UCCOOK

Summer Pasta Bowl

with sunflower seeds, peas & grated Italian-style hard cheese

An egg noodle bowl loaded with contrasting textures and complementary flavours to celebrate Summer. Pops of plump peas, nutty sunflower seeds, fresh basil, briny olives and Pesto Princess Basil Pesto combine for a super satisfying lunch.

Hands-on Time: 5 minutes

Overall Time: 12 minutes

Serves: 2 People

Chef: Jemimah Smith

Lunch

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Ingredients & Prep

4 cakes	Egg Noodles
125ml	Pesto Princess Basil Pesto
100g	Peas
20g	Sunflower Seeds
40g	Pitted Kalamata Olives <i>drain & roughly slice</i>
60ml	Grated Italian-style Hard Cheese
5g	Fresh Basil <i>rinse, pick & roughly slice</i>

From Your Kitchen

Salt & Pepper
Water

1. NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Cook in the microwave until al dente, 10-12 minutes. Drain by placing a plate over the bowl, leaving a small gap for the water to drain, and tilting the bowl over a sink into another bowl to reserve the water.

2. LUNCH IS READY In a bowl, combine the noodles, the pesto, the peas, the sunflower seeds, the sliced olives, loosen with the reserved water until saucy consistency, and season. Sprinkle over the grated cheese and garnish with the sliced basil. Enjoy!

Nutritional Information

Per 100g

Energy	1414kj
Energy	338kcal
Protein	11g
Carbs	37g
of which sugars	1.7g
Fibre	2.3g
Fat	15.7g
of which saturated	3.3g
Sodium	323mg

Allergens

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

Eat
Within
4 Days