



# UCOOK

## Walnut & Basil Pesto Pasta

with spinach & garlic mushrooms

Undertones of earthy richness come together in this world-class dish, with spinach, mushrooms, and walnuts. Balanced with streams of al dente linguine pasta, creamy feta, and a kick of chilli. Drizzle over zesty lemon juice and savour this ground-breaking vegetarian pasta dish, Chef!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People

---

**Chef:** Lauren Todd

---

Veggie

---

 Creation Wines | Creation Pinot Noir

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

### Ingredients & Prep

200g	Linguine Pasta
100ml	Pesto Princess Basil Pesto
40g	Spinach <i>rinse</i>
20g	Walnuts
250g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
2	Garlic Cloves <i>peel &amp; grate</i>
60g	Danish-style Feta <i>drain</i>
5ml	Dried Chilli Flakes
20ml	Lemon Juice

### From Your Kitchen

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

**1. LOVELY LINGUINE** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Loosen the pesto with olive oil in 5ml increments until drizzling consistency. Drain the pasta and toss through the loosened pesto and the rinsed spinach.

**2. SMELLS LIKE A WINTER WONDERLAND** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GARLICKY MUSHROOMS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). In the final minute, add the grated garlic (to taste). Remove from the pan and season.

**4. NOW THAT'S A PASTA DISH!** Dish up the pesto pasta and top with the garlicky mushrooms. Crumble over the drained feta and sprinkle over the toasted walnuts and the chilli flakes (to taste). Finish with a generous drizzle of lemon juice. Tuck in!

### Nutritional Information

Per 100g

Energy	992kj
Energy	237kcal
Protein	7.9g
Carbs	24g
of which sugars	2.2g
Fibre	2.3g
Fat	11.8g
of which saturated	2.8g
Sodium	199mg

### Allergens

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

Eat  
Within  
3 Days