



# UCOOK

## Vegetarian Basil & Lemon Pesto Pasta

with toasted almonds & fresh lemon

Indulge in a creamy & tangy pasta dish with this vegetarian recipe. Al dente pasta is tossed in olive oil, and then smothered in a buttery sauce with sun-dried tomatoes, pesto, and shredded spinach. The dish is completed with a refreshing squeeze of lemon juice, toasted almonds, and garnished with sliced chili & lemon zest. Perfect for a quick & delicious meat-free Monday meal!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

---

**Serves:** 1 Person

---

**Chef:** Rhea Hsu

---

 Quick & Easy

---

 Paserene | Bright Chardonnay

---

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

## Ingredients & Prep

125g	Whole Wheat Fusilli Pasta
10g	Almonds
15ml	Cake Flour
100ml	Low Fat Fresh Milk
30g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
40ml	Pesto Princess Basil & Lemon Pesto
20g	Spinach <i>rinsed &amp; roughly shredded</i>
1	Lemon <i>zested &amp; cut into wedges</i>
1	Fresh Chilli <i>de-seeded &amp; finely sliced</i>

## From Your Kitchen

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

**1. PRONTO PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 13-15 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 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 sliced chilli (to taste) and the lemon zest (to taste). Serve with any remaining lemon wedges. Enjoy!

## Nutritional Information

Per 100g

Energy	706kJ
Energy	169kcal
Protein	3.9g
Carbs	20g
of which sugars	3.6g
Fibre	2g
Fat	8.1g
of which saturated	1.2g
Sodium	134mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within  
4 Days