



UCCOOK

Walnut & Basil Pesto Pasta

with spinach & garlic mushrooms

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	370kj	2619kj
Energy	89kcal	627kcal
Protein	4.3g	30.2g
Carbs	13g	94g
of which sugars	2.4g	16.9g
Fibre	2.5g	17.7g
Fat	1.6g	11.2g
of which saturated	0.6g	3.9g
Sodium	63mg	445mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Linguine Pasta
125ml	160ml	Pesto Princess Basil Pesto
60g	80g	Spinach <i>rinse</i>
30g	40g	Walnuts
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
3	4	Garlic Cloves <i>peel & grate</i>
90g	120g	Danish-style Feta <i>drain</i>
7,5ml	10ml	Dried Chilli Flakes
45ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (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. Drain the pasta and toss through the loosened pesto and the spinach.

2. SMELLS LIKE A WINTER WONDERLAND Place the 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. Fry the mushrooms until golden, 6-7 minutes (shifting occasionally). In the final minute, add 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 feta, sprinkle over the walnuts and the chilli flakes (to taste). Finish with a generous drizzle of lemon juice. Tuck in!