



UCOOK

Lemony Green Pasta with Peas & Ricotta

with Italian-style hard cheese & pumpkin seeds

This vegetarian pasta has it all: easy-to-follow steps, elevated ingredients, varying textures and most important of all, the wow factor. Look forward to a flavourful fork full of al dente tagliatelle pasta covered in a ricotta, cream, pea & lemon sauce, layered with wilted kale, silky onions, a chilli kick and Italian-style cheese.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Stephanie Kuhn

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

200g	Tagliatelle Pasta
20g	Pumpkin Seeds
100g	Kale <i>rinsed & roughly shredded</i>
1	Onion <i>½ peeled & finely diced</i>
200g	Ricotta Cheese
100g	Peas
200ml	Fresh Cream
1	Lemon <i>½ zested & cut into wedges</i>
10ml	Dried Chilli Flakes
60ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. ALWAYS AL DENTE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. VEGGIE MEDLEY Add the shredded kale to a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the dressed kale and fry until slightly wilted, 2-3 minutes. Remove from the pan and cover.

4. GREAT GREEN SAUCE In a blender, add the ricotta cheese, the peas, the cream, the juice from 4 lemon wedges, and seasoning. Pulse until smooth and creamy. Set aside.

5. BETTER TOGETHER To the pan with the kale & onion, toss through the cooked pasta, the lemon zest (to taste), the chilli flakes (to taste), and the blended green sauce. If the sauce is too thick, drizzle in the reserved pasta water until desired consistency. Set aside.

6. PERFECT PASTA Plate up the luscious green pasta and sprinkle with the grated hard cheese. Garnish with the toasted seeds and, if you would like more heat, any remaining chilli flakes.

Nutritional Information

Per 100g

Energy	735kJ
Energy	176kcal
Protein	8g
Carbs	17g
of which sugars	2.7g
Fibre	2.5g
Fat	6.3g
of which saturated	3.2g
Sodium	65mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days