



UCOOK

Herman's Curried Fusion Pasta

with asparagus, lemon & whipped goat's cheese

A fusion feast! Fresh fettuccine pasta is coated in a saucy tomato curry sauce. Topped with charred asparagus shards, dolloped with goat's cheese and sprinkled with pine nuts.


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Herman Lensing

 Vegetarian

 Anthonij Rupert | Cape of Good Hope Altima
Sauvignon Blanc

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Ingredients & Prep

125g	Fresh Fettuccine Pasta
10g	Pine Nuts
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
5ml	NOMU Indian Rub
125ml	Tomato Passata
10g	Pickled Bell Peppers <i>drained & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
100g	Asparagus <i>trimmed at the base</i>
30g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. BOIL Boil the kettle. Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 2-3 minutes until al dente. Drain on completion, reserving a cup of pasta water. Toss through some oil to prevent sticking.

2. TOASTY NUTS Place the pine nuts in a deep pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

3. SAUCY SAUCY! Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the diced onions for 4-5 minutes until soft and translucent. Add the grated garlic and the chopped chilli (to taste) and fry for a further 1-2 minutes, shifting constantly, until fragrant. Mix through the Indian rub and sauté for 1 minute. Pour in the passata, a sweetener of choice and ½ the chopped pickled peppers. Lower the heat and simmer for 4-5 minutes until slightly thickened. Loosen with the reserved pasta water until a saucy consistency. Stir in the juice of 1 lemon wedge and seasoning.

4. TANGY GREENS Toss the asparagus in some oil and seasoning. Place a pan or griddle pan over a high heat with a drizzle of oil. When hot, fry the asparagus for 3-4 minutes until slightly charred and cooked al dente. Remove from the heat on completion. Season with ½ the lemon zest and a squeeze of lemon juice.

5. CREAM & COMBINE In a small bowl, beat the goat's cheese, the remaining lemon zest, a squeeze of lemon juice, and seasoning, using a whisk or fork. Loosen with water in 5ml increments until a smooth consistency. Stir the cooked pasta through the tomato sauce until well coated and heated through.

6. ENJOY! Bowl up a generous helping of the saucy pasta. Top with the tangy asparagus and the remaining pickled peppers. Dollop over the whipped goat's cheese and sprinkle with toasted pine nuts. Well done, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta but also applies to other grains, as well as a range of veg.

Nutritional Information

Per 100g

Energy	548kj
Energy	131Kcal
Protein	6.1g
Carbs	20g
of which sugars	4.6g
Fibre	2.9g
Fat	3g
of which saturated	1.2g
Sodium	99mg

Allergens

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

Cook
within 3
Days