



# UCOOK

## Sun-dried Tomato Pesto & Beef Pasta

**with a creamy bechamel sauce & toasted pumpkin seeds**

A celebration of sun-dried tomatoes on a plate! A rich, creamy sun-dried tomato pesto covers al dente linguine pasta, browned beef strips & wilted spinach. This satisfying dish is finished with chopped sun-dried tomato, freshly sliced chilli & pan-roasted pumpkin seeds.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Fan Faves

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 Sijnn Wines | Sijnn Saignée 2018

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## Ingredients & Prep

125g	Linguine Pasta
5g	Pumpkin Seeds
150g	Free-range Beef Rump Strips
15ml	Cake Flour
100ml	Low Fat Fresh Milk
30ml	Pesto Princess Sun-dried Tomato Pesto
20g	Spinach <i>rinsed</i>
1	Fresh Chilli <i>de-seeded &amp; finely sliced</i>
10g	Sun-dried Tomatoes <i>roughly chopped</i>

## From Your Kitchen

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

**1. LINGUINE** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserve some pasta water, and toss through a drizzle of olive oil.

**2. 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. BEEF STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter. Remove from the pan and season.

**4. BECHAMEL** Return the pan to medium heat, wiped down if necessary, with 10g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes, whisking constantly. Slowly stir in the milk, whisking constantly until thickened slightly. Stir through the pesto and loosen with some pasta water. Mix through the beef strips, the pasta, the rinsed spinach, and seasoning. Loosen with more pasta water if it's too thick.

**5. TIME TO DINE** Plate up the creamy pasta, sprinkle over the sliced chilli (to taste), the chopped sun-dried tomatoes, and garnish with the toasted pumpkin seeds. Well done, Chef!

## Nutritional Information

Per 100g

Energy	872kJ
Energy	208kcal
Protein	12.5g
Carbs	25g
of which sugars	1.8g
Fibre	1.4g
Fat	3.7g
of which saturated	1.1g
Sodium	41mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days