



# UCCOOK

## Baked Sun-dried Tomato Pasta

with Kalamata olives & fresh basil

A bubbling pasta bake is loaded with ruby red sun-dried tomatoes, salty olives, fragrant garlic, and oozy golden mozzarella cheese. It is served with a fresh green leaf & toasted pine nut salad for some freshness and crunch!

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Veggie

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 Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

125g	Penne Pasta
5g	Pine Nuts
1	Onion <i>½ peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU Provençal Rub
100g	Cooked Chopped Tomato
65ml	Crème Fraîche
20g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
20g	Pitted Kalamata Olives <i>drained &amp; halved</i>
50g	Grated Mozzarella
20g	Green Leaves <i>rinsed</i>
3g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>

## From Your Kitchen

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

**1. COOK THE PASTA** Preheat the oven to 200°C. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**2. TOASTED NUTS** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub, and fry until fragrant, 1 minute (shifting constantly). Pour in the cooked chopped tomato and 50ml of warm water. Reduce the heat and leave to simmer until slightly reduced, 6-7 minutes (stirring occasionally). In the final minute add the crème fraîche, the chopped sun-dried tomatoes, the halved olives, a sweetener (to taste), and seasoning. Mix until fully combined and remove from the heat.

**4. BAKE UNTIL GOLDEN** Add the cooked pasta to the tomato sauce and mix until fully coated. Place in a small ovenproof dish. Sprinkle over the grated cheese and pop in the hot oven. Bake until the cheese is melted and golden, 4-5 minutes. In a salad bowl, toss the rinsed green leaves with the toasted pine nuts, a drizzle of olive oil, and seasoning.

**5. PASTA PERFECTION!** Sprinkle the torn basil over the baked pasta. Side with the pine nut salad and dive in, Chef!

## Nutritional Information

Per 100g

Energy	854kJ
Energy	204kcal
Protein	6.7g
Carbs	24g
of which sugars	4.3g
Fibre	2.3g
Fat	9.1g
of which saturated	4.8g
Sodium	205mg

## Allergens

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

Cook  
within  
4 Days