



UCCOOK

Vegetarian Red Pepper Pesto Pasta

with blistered baby tomatoes & fresh basil

This scrumptious pasta recipe combines blistered baby tomatoes, pops of chilli, red pepper pesto, and Italian-style cheese to create the perfect flavour-packed sauce for al dente penne pasta. Garnished with fresh basil and toasted sunflower seeds.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Samantha du Toit

 Quick & Easy

 Painted Wolf Wines | The Den Pinotage Rosé 2023

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Ingredients & Prep

200g	Penne Pasta
20g	Sunflower Seeds
1	Onion <i>peeled & finely sliced</i>
1	Garlic Heads <i>peeled & grated</i>
10ml	Dried Chilli Flakes
200g	Baby Tomatoes <i>rinsed</i>
100ml	Pesto Princess Red Pepper Pesto
5g	Fresh Basil <i>rinsed, picked & roughly torn</i>
50ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. PENNE PASTA 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. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. START THE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the chilli flakes (to taste). Fry until fragrant, 1-2 minutes. Add the rinsed baby tomatoes and fry until blistered, 3-4 minutes. While frying, gently squash the tomatoes with the back of a wooden spoon until they burst. Season, remove from the pan, and set aside.

4. TOSS IT TOGETHER Toss the blistered baby tomato mix, the pesto, ½ the torn basil, and ½ the cheese through the cooked pasta.

5. TUCK IN, CHEF! Bowl up the red pepper pesto pasta. Sprinkle over the remaining cheese and drizzle with olive oil. Garnish with the remaining basil and the toasted sunflower seeds.

Nutritional Information

Per 100g

Energy	798kJ
Energy	191kcal
Protein	7.7g
Carbs	24g
of which sugars	2.9g
Fibre	2.5g
Fat	5g
of which saturated	1.5g
Sodium	200mg

Allergens

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

Cook
within
4 Days