



UCOOK

Sun-dried Tomato Penne

**with aubergine, cashew nut cream
cheese & fresh basil**

Fun fact: Tomatoes are classified as a fruit, because they grow from a flower & contain seeds. If that news surprised you, wait until you taste this easy but oh-so-delicious tomatoey pasta! This dish really shows off the versatility of tomatoes, with sundried-tomato pesto, roasted aubergine, cashew nut cream cheese, & slices of sun-dried tomatoes.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: UCOOK

Veggie

Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut into bite-sized chunks</i>
40ml	Pesto Princess Sun-dried Tomato Pesto
30ml	Cashew Nut Cream Cheese
100g	Penne Pasta
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Cloves <i>peel & grate</i>
50g	Spinach <i>rinse & roughly shred</i>
20g	Sun-dried Tomatoes <i>roughly slice</i>
2,5ml	Dried Chilli Flakes
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. AWESOME AUBS Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until soft and browned, 25-30 minutes (shifting halfway). In a bowl, combine the sun-dried tomato pesto, the cream cheese and seasoning.

2. BUBBLING AWAY 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 some olive oil.

3. START THE SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until soft and browned, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded spinach and fry until wilted, 1-2 minutes. Remove from the heat and set aside.

4. ALMOST THERE... When the aubergine is roasted, add ½ to the pan with the onion mixture. Place over low heat until warmed through. Remove from the heat and add the mixture to the pot of cooked pasta along with the sun dried-tomato pesto sauce, and season. Mix until combined. Loosen with the reserved pasta water, if necessary.

5. WELL DONE! Plate up the pesto pasta. Scatter over the remaining aubergine, the sliced sun-dried tomatoes, and the chilli flakes (to taste). Garnish with the torn basil. Delish, Chef!



Chef's Tip

Air fryer method: Coat the aubergine in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	556kj
Energy	133kcal
Protein	3.8g
Carbs	18g
of which sugars	3.9g
Fibre	2.8g
Fat	4.8g
of which saturated	0.6g
Sodium	175mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days