



UCOOK

Spring Pea Pasta

with charred green beans & homemade mint pea pesto

Fresh spring greens tossed through multigrain pasta and homemade minty pea pesto can only be elevated by a fresh lemon zing. Simply stunning!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

30g	Almonds
300g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
375g	Whole Wheat Pasta
360g	Peas
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
45ml	Grated Italian-style Hard Cheese
2	Garlic Cloves <i>peeled & roughly chopped</i>
2	Lemons <i>1½ cut into wedges</i>

From Your Kitchen

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

1. IT ALL STARTS WITH ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

2. BEAN THERE, DONE THAT Boil the kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced green beans for 5-6 minutes until charred. Toss with some seasoning. Remove from the pan on completion.

3. BOIL AND BUBBLE Fill a pot with salted boiling water and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 13-15 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time. Drain on completion, return to the pot, and toss through some oil to further prevent sticking.

4. PRESTO, IT'S PESTO! Place a ¼ of the peas, ¾ of the chopped mint, the grated hard cheese, toasted almonds and chopped garlic into a blender. Add a large drizzle of oil and season. Pulse into a semi-smooth pesto, adding more oil if necessary.

5. TIME TO MIX IT UP Just before serving, add the minty pesto, charred green beans and the remaining peas to the cooked pasta and toss to combine. Squeeze over some lemon juice and season.

6. PLATE UP THE PASTA Dish up a bowl of this simply flavour-packed spring pasta and garnish with the remaining mint. Serve any remaining lemon wedges on the side. YUM!

Nutritional Information

Per 100g

Energy	753kJ
Energy	180kcal
Protein	6.2g
Carbs	32g
of which sugars	2.9g
Fibre	3.9g
Fat	2.9g
of which saturated	0.5g
Sodium	48mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within
4 Days