



# UCOOK

## Waterford's Sun-dried Tomato Penne

**with aubergine, cashew 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 o-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. Finished with fresh spinach & basil.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Waterford Estate

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 Veggie

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 Waterford Estate | Range Chardonnay 2018

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## Ingredients & Prep

|       |                                                                      |
|-------|----------------------------------------------------------------------|
| 1kg   | Aubergine<br><i>rinsed, trimmed &amp; cut into bite-sized chunks</i> |
| 200ml | Pesto Princess Sun-dried Tomato Pesto                                |
| 200ml | Cashew Nut Cream Cheese                                              |
| 500g  | Penne Pasta                                                          |
| 2     | Onions<br><i>peeled &amp; roughly diced</i>                          |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>                          |
| 80g   | Spinach<br><i>rinsed</i>                                             |
| 120g  | Sun-dried Tomatoes<br><i>drained &amp; roughly sliced</i>            |
| 10ml  | Dried Chilli Flakes                                                  |
| 15g   | Fresh Basil<br><i>rinsed, picked &amp; roughly torn</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 for 30-35 minutes until soft and browned, shifting halfway. In a bowl, combine the sun-dried tomato pesto, the cream cheese and season.

**2. BUBBLING AWAY** Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 10-12 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

**3. START THE SAUCE** Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 5-6 minutes until soft and browned, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. 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 a 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, the rinsed spinach, and seasoning. 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

If you have an air fryer, why not use it to cook the aubergine? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-20 minutes until cooked through and crispy.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 557kJ   |
| Energy             | 133kcal |
| Protein            | 4.4g    |
| Carbs              | 21g     |
| of which sugars    | 3.6g    |
| Fibre              | 2.4g    |
| Fat                | 2.9g    |
| of which saturated | 0.2g    |
| Sodium             | 26mg    |

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days