



# UCOOK

## 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:** 1 Person

---

**Chef:** Samantha du Toit

---

Veggie

---

 Laborie Estate | Laborie Merlot 2021

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

100g	Penne Pasta
10g	Sunflower Seeds
1	Onion <i>peel &amp; finely slice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
5ml	Dried Chilli Flakes
100g	Baby Tomatoes <i>rinse</i>
50ml	Pesto Princess Red Pepper Pesto
3g	Fresh Basil <i>rinse, pick &amp; roughly torn</i>
20ml	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	685kJ
Energy	164kcal
Protein	5.9g
Carbs	23g
of which sugars	3.1g
Fibre	2.4g
Fat	3.5g
of which saturated	0.9g
Sodium	159mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days