



UCOOK

Sun-dried Tomato Tagliatelle

with fresh basil & lemon

This scrumptious pasta recipe combines creamy ricotta, hearty sun-dried tomatoes, ribbons of tagliatelle, fresh oregano, and lemon zest to make a velvety, flavour-packed meal that you'll crave again and again!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Chantelle Koekemoer

Veggie

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

125g	Tagliatelle Pasta
10g	Almonds
80g	Sun-dried Tomatoes <i>drain</i>
100g	Ricotta Cheese
3g	Fresh Basil <i>rinse & roughly tear</i>
1	Lemon <i>rinse, zest & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender

1. ALWAYS AL DENTE 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 a drizzle of olive oil.

2. LET'S GO NUTS Place the almonds in a pan (large enough for the pasta) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SUN-DRIED SAUCE When the pasta is done, place $\frac{3}{4}$ of the drained sun-dried tomatoes, the ricotta, $\frac{3}{4}$ of the torn basil, 2 tbsp of olive oil, and 100ml of pasta water in a blender. Blend until smooth and season.

4. ALL TOGETHER Return the pan to low heat. Add the ricotta sauce and the cooked pasta. Mix until combined and loosen with the reserved pasta water if too thick. Simmer until heated through and remove from the heat. Add a squeeze of lemon juice, a sweetener (to taste), and seasoning.

5. GRANDE GRUB! Make a bed of the creamy pasta. Sprinkle over the remaining sun-dried tomatoes and the toasted almonds. Garnish with the lemon zest and the remaining basil. Side with a lemon wedge. Bellissimo, Chef!

Nutritional Information

Per 100g

Energy	872kJ
Energy	208kcal
Protein	7.8g
Carbs	24g
of which sugars	6g
Fibre	3.1g
Fat	7.7g
of which saturated	2.5g
Sodium	81mg

Allergens

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

Eat
Within
4 Days