



UCOOK

Pesto Pasta al Lapo

with gluten-free pasta & walnuts

From the depth of Lapo Magni's genius mind we have this simple yet out-of-this-world delicious pesto pasta. A smooth blend of basil, baby potatoes, crunchy green beans, hard cheese, garlic and walnuts slathered over gluten-free spaghetti and sprinkled with walnuts. Andiamo!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lapo Magni

 Vegetarian

 Cavalli Estate | White Knight

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Ingredients & Prep

25g	Baby Potatoes <i>peeled & halved</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
125g	Gluten-free Spaghetti
15g	Pine Nuts
15g	Walnuts
25g	Fresh Basil <i>rinsed & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
30g	Italian-style Hard Cheese <i>grated</i>
7,5ml	Balsamic Vinegar
25g	Sun-dried Tomatoes <i>roughly chopped</i>

From Your Kitchen

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

1. JUST GETTING STARTED Place the halved baby potatoes and halved green beans in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Cook for 15-20 minutes until cooked through and soft. At the 5 minute mark, remove $\frac{2}{3}$ of the beans and set aside for the salad. Ready a bowl of water with ice. On completion, remove the beans and potatoes from the pot, and place in the ice water. Keep the pot of water over the heat.

2. ALL THE PASTABILITES! Place the pasta in the boiling water, and cook until al dente, 6-8 minutes. Drain on completion and reserve one cup of pasta water.

3. TOASTY DUO Place a pan over a medium heat, and toast pine nuts and walnuts for 2-3 minutes, until golden. Remove from the pan and roughly chop when cool enough to handle.

4. THE PESTO'S YET TO COME.. Place the basil leaves, potato, $\frac{3}{4}$ of Italian-style hard cheese, $\frac{1}{2}$ of the toasted walnuts, grated garlic, $\frac{3}{4}$ green beans, 100ml of olive oil into a blender and 40ml of pasta water. Blend until smooth, adding more oil or pasta water if required. Season the pesto to taste.

5. TOSS IT ALL TOGETHER! Add the basil pesto to the pot with the drained pasta and mix to combine – this is your pasta alla genovese. In a separate bowl toss the rinsed green leaves, remaining green beans and remaining toasted walnuts together. Season with some balsamic vinegar and salt.

6. ITALIAN FEAST! Serve the pasta alla genovese in a bowl and garnish with the reserved basil leaves and chopped sun-dried tomatoes. Finish off with a scatter of the remaining Italian-style cheese and pine nuts. Serve the salad alongside it. Bellissima Chef!



Chef's Tip

We recommend using a good quality olive oil for this dish.

Nutritional Information

Per 100g

Energy	769kJ
Energy	184Kcal
Protein	6.7g
Carbs	21g
of which sugars	3.1g
Fibre	3.3g
Fat	8.5g
of which saturated	1.9g
Sodium	75mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days