



# UCCOOK

## Creamy Pesto Pasta

with toasted almonds & fresh lemon

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 584kJ    | 3409kJ      |
| Energy             | 140kcal  | 815kcal     |
| Protein            | 5g       | 29g         |
| Carbs              | 17g      | 101g        |
| of which sugars    | 3.9g     | 22.6g       |
| Fibre              | 2.3g     | 13.3g       |
| Fat                | 7g       | 40.7g       |
| of which saturated | 1.5g     | 8.8g        |
| Sodium             | 97mg     | 568mg       |

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

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                               |
|----------|------------|---------------------------------------------------------------|
| 225g     | 300g       | Fusilli Pasta                                                 |
| 30g      | 40g        | Almonds                                                       |
| 45ml     | 60ml       | Cake Flour                                                    |
| 450ml    | 600ml      | Full Cream UHT Milk                                           |
| 90g      | 120g       | Sun-dried Tomatoes<br><i>roughly chop</i>                     |
| 150ml    | 200ml      | Pesto Princess Basil Pesto                                    |
| 120g     | 160g       | Spinach<br><i>rinse &amp; roughly shred</i>                   |
| 1        | 1          | Lemon<br><i>zest &amp; cut into wedges</i>                    |
| 1        | 1          | Fresh Chilli<br><i>rinse, trim, deseed &amp; finely slice</i> |
| 60ml     | 80ml       | Grated Italian-style Hard Cheese                              |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter

**1. PRONTO 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. NUTS ABOUT NUTS** Place the almonds in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SAUCE BASE** Place a pan over a medium heat with 60g [80g] of butter. When hot, fry the flour, 1-2 minutes (shifting constantly). Remove from the heat, and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with water until the desired consistency.

**4. FINISHING TOUCHES** Return the pan with the sauce to a medium heat and bring to a simmer. Stir through the sun-dried tomatoes, the pesto, the cooked pasta, the spinach, a squeeze of lemon juice, and seasoning.

**5. DIG IN** Dish up the creamy pasta. Scatter over the toasted almonds. Garnish with the chilli (to taste) and the lemon zest (to taste). Sprinkle with the hard cheese and enjoy!