



UCOOK

Silky Penne & Balsamic Tomatoes

with toasted almonds & a cheesy crumb

Yay, it's pasta night tonight, Chef! Al dente penne pasta is coated in a creamy crème fraîche and tossed with earthy spinach & glossy onion. Spiced with NOMU Italian Rub, elevated with a golden cheesy crumb, and served with balsamic vinegar-infused tomatoes, this recipe ticks all the taste boxes.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jemimah Smith

Veggie

Waterford Estate | Waterford Chardonnay

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

Ingredients & Prep

200g	Penne Pasta
20g	Almonds <i>roughly chop</i>
160g	Baby Tomatoes <i>rinse & cut into quarters</i>
40ml	Balsamic Vinegar
200ml	Cheesy Crumb <i>(120ml Panko Breadcrumbs & 80ml Grated Italian-style Hard Cheese)</i>
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
20ml	NOMU Italian Rub
100g	Spinach <i>rinse & roughly shred</i>
100ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive & coconut)
Seasoning (salt & pepper)
Water
Butter

1. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving 1 cup of water, and toss through a drizzle of olive oil.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BALSAMIC BABY TOMATOES Place the quartered baby tomatoes into a bowl and toss with the balsamic vinegar, a drizzle of olive oil and seasoning. Set aside.

4. BUTTERY CHEESE CRUMB Heat 40g of butter in the microwave or in a pot over the stove until completely melted. Mix in the cheesy crumb, seasoning and fry until golden, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. BETTER TOGETHER 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 NOMU rub, and fry until fragrant, 30 seconds - 1 minute. Add the rinsed and shredded spinach and fry until wilted, 2-3 minutes. Remove from the heat, mix through the crème fraîche and the cooked pasta. Loosen with the pasta water if too thick, season and set aside.

6. PERFECT PASTA Serve up the delicious creamy pasta and top with the marinated tomatoes, drizzled with the remaining balsamic. Scatter over the golden crumb and toasted nuts.

Nutritional Information

Per 100g

Energy	745kJ
Energy	178kcal
Protein	5.9g
Carbs	24g
of which sugars	3.4g
Fibre	2.3g
Fat	6.1g
of which saturated	2.8g
Sodium	213mg

Allergens

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

Eat
Within
4 Days