



UCCOOK

Red Pepper Pesto Pasta

with blistered baby tomatoes & fresh basil

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Stettyn Wines | Stettyn Family Range
Babelki Brut Rosé

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 707kJ | 3191kJ |
| Energy | 169kcal | 763kcal |
| Protein | 5.9g | 26.9g |
| Carbs | 25g | 113g |
| of which sugars | 3.5g | 15.7g |
| Fibre | 2.8g | 12.7g |
| Fat | 4.1g | 18.7g |
| of which saturated | 0.6g | 2.6g |
| Sodium | 132mg | 596mg |

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 300g | 400g | Penne Pasta |
| 30g | 40g | Sunflower Seeds |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 15ml | 20ml | Dried Chilli Flakes |
| 300g | 400g | Baby Tomatoes <i>rinse</i> |
| 150ml | 200ml | Pesto Princess Red Pepper Pesto |
| 8g | 10g | Fresh Basil <i>rinse, pick & roughly tear</i> |
| 60ml | 80ml | Nutritional Yeast |
| 30ml | 40ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (Salt & Pepper)

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, reserve the pasta water, 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 onion until golden, 6-7 minutes (shifting occasionally). Add the garlic and the chilli flakes (to taste). Fry until fragrant, 1-2 minutes. Add the baby tomatoes and fry until blistered, 5-6 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 basil, and ½ the yeast through the cooked pasta and loosen with the reserved pasta water until the desired consistency.

5. TUCK IN, CHEF! Bowl up the red pepper pesto pasta. Sprinkle over the remaining yeast (to taste) and drizzle with the lemon juice and olive oil. Garnish with the remaining basil and the toasted sunflower seeds.