



UCOOK

Dairy-free Sun-dried Tomato Pasta

with cashew nut cream cheese & chilli flakes

This dreamy creamy sauce made with tahini is loaded with onion, garlic, oregano, and sun-dried tomatoes. Tossed with penne pasta and served with roasted butternut, sunflower seeds and a lemon wedge. This dish is dairy-free and super delicious!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
100g	Penne Pasta
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Dried Oregano
80g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
30ml	Tahini
1	Lemon <i>½ zested & cut into wedges</i>
2,5ml	Dried Chilli Flakes
3g	Fresh Basil <i>rinsed, picked & roughly chopped</i>
50ml	Cashew Nut Cream Cheese
15g	Sunflower Seeds

From Your Kitchen

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

1. BUTTERNUT, YOU BEAUTY! Preheat the oven to 200°C. Place the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. PASTA PARTY Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving 200ml of pasta water. Place back in the pot, and toss through some olive oil to prevent sticking.

3. GETTING SAUCY When the butternut has 10 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and the oregano (to taste) and fry for 1 minute, until fragrant, shifting constantly.

4. TRY TO BLEND IN When the onion, garlic and oregano is done, remove from the pan and place in a blender along with the chopped sun-dried tomatoes, the tahini, the juice of 1 lemon wedge, ½ the chilli flakes (to taste), seasoning, and 100ml of the reserved pasta water. Pulse until smooth, adding more pasta water if necessary. Add to the pot of drained pasta along with ½ the roasted butternut and ½ the chopped basil. Season and add a sweetener of choice (optional). Toss until the pasta is fully coated in the sauce. If necessary, place over a low heat until reheated to your desired temperature.

5. OMG, IT'S DAIRY-FREE?! Plate up a heaping helping of the creamy sun-dried tomato pasta. Scatter over the roasted butternut and dollop on the cream cheese. Sprinkle over the sunflower seeds, the remaining chilli flakes (to taste), the basil, and the lemon zest. Serve with any remaining lemon wedges. Wow, Chef!

Nutritional Information

Per 100g

Energy	710kJ
Energy	170kcal
Protein	5.2g
Carbs	24g
of which sugars	3.9g
Fibre	3.1g
Fat	5.6g
of which saturated	0.5g
Sodium	6mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within 2
Days