



# Sunbeam Cherry Tomato Pasta Inspired by Rapunzel with pesto sauce and cheese

20 – 25 mins • Veggie

19



Garlic



Green Pesto



Cherry Tomatoes



Passata



Parsley



Peas



Grated Cheese



Stock



Dried Linguine

Pantry Items: Sugar, Salt, Pepper, Oil, Water, Butter

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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Colander, grater

## Ingredients

	2P	4P
Garlic	2 units	4 units
Green Pesto	30 g	60 g
Cherry Tomatoes	125 g	250 g
Passata	1 pack	2 packs
Parsley	5 g	10 g
Peas	120 g	240 g
Grated Cheese	50 g	100 g
Stock	1 sachet	2 sachets
Dried Linguine	180 g	360 g

## Nutrition

for uncooked ingredient	Per 100 g
Energy (kJ/kcal)	724.8 kJ/ 173.2 kcal
Fat (g)	4.7 g
Sat. Fat (g)	1.8 g
Carbohydrate (g)	24.7 g
Sugars (g)	5.2 g
Protein (g)	6.4 g
Salt (g)	0.7 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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## Make the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

**TIP:** If you're in a hurry you can boil the water in your kettle.

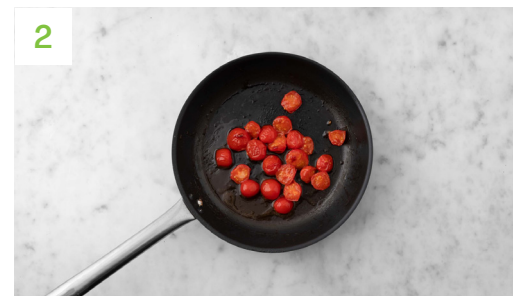


## Garnish and Serve

- Divide the **cherry tomato linguine** between bowls.
- Finish with a sprinkling of **cheese**.

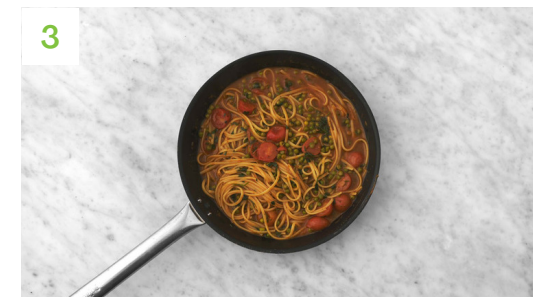
**Little Chef's TIP:** Have kids help sprinkle the cheese over the sunbeam pasta.

## Enjoy!



## Get Prepped

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **cherry tomatoes**.
- Place a pan over high heat with a drizzle of **oil**.
- When hot, add the **garlic** and **tomatoes** and fry until fragrant, 2-3 mins.



## Cook the Veg

- Add the **passata**, **stock**, **peas**, 50ml **water** (per 2P) and ½ tsp **sugar** (per 2P).
- Simmer until **tomatoes** have softened and sauce has thickened, 4-5 mins.
- Stir through the **pesto**, **parsley** and a knob of **butter**.
- Season to taste with **salt**, **pepper** and **sugar**.
- Add the cooked **pasta** to the pan and carefully toss to coat.

**TIP:** Add a splash of water if the sauce is too thick.