



UCOOK

Beef Meatballs & UCOOK Napoletana Sauce

with fresh basil & Italian-style hard
cheese

Stomach growling, Chef? Put down the bread and spread, because we'll show you it's possible to make a tantalising and tasty meal in under 20 minutes. A steaming bowl of al dente spaghetti pasta, adorned with browned beef meatballs and covered in a rich Neapolitan sauce will soon be your dinner reality. Now stop reading and start cooking!


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

 Domaine Des Dieux | Sangiovese 2017

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Ingredients & Prep

375g	Spaghetti
12	Free-range Beef Meatballs
3 units	UCOOK Napoletana Sauce
90ml	Grated Italian-style Hard Cheese
8g	Fresh Basil
	<i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. 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. MEATBALLING AROUND While the pasta is cooking, place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Add the Napoletana sauce and simmer until heated through, 3-4 minutes. Remove from the pan.

3. PLATE UP Bowl up the pasta. Top with the saucy meatballs. Scatter over the cheese and garnish with the torn basil.

Nutritional Information

Per 100g

Energy	785kj
Energy	188kcal
Protein	10.1g
Carbs	19g
of which sugars	3.1g
Fibre	1.4g
Fat	7.6g
of which saturated	2.9g
Sodium	170mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
2 Days