



UCCOOK

Biltong & Paprika Pasta

with sun-dried tomatoes & paprika

Classic cheesy pasta is about to get a South African twist! Sun-dried tomatoes, paprika and biltong are all folded together inside cheesy penne pasta, before being sprinkled with a toasty panko topping and baked. Fresh parsley and spring onions finish off this rich and soul warming dish!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Fan Faves

 Leopard's Leap | Merlot

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Ingredients & Prep

100g	Penne Pasta
25ml	Panko Breadcrumbs
80g	Grated Mozzarella & Cheddar Cheese Mix
20ml	Cake Flour
2,5ml	Paprika
125ml	Low Fat Fresh Milk
50ml	Fresh Cream
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
50g	Free-range Beef Biltong <i>roughly chopped</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. A PENNE FOR YOUR THOUGHTS Preheat the oven to 200°C. 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 and toss through some olive oil to prevent sticking.

2. OH, CRUMBS! In a small bowl, combine the breadcrumbs, ¼ of the grated cheese, a knob of melted butter, and some seasoning.

3. CREAMY BÉCHAMEL Place a small pot over a medium heat with 40g of butter. Once melted, vigorously whisk in the flour and the paprika to form a roux. Cook out for 1-2 minutes, stirring constantly. On completion, slowly whisk in the milk, the cream, and the remaining grated cheese, stirring constantly until thickened slightly. If the béchamel is too thick for your liking, add an extra splash of water or milk. Season to taste and pour into a greased baking dish.

4. MIX, MIX, MIX! When the pasta is done, add to the baking dish with the béchamel along with the spring onion whites, the grated garlic, ¾ of the chopped sun-dried tomatoes, and the chopped biltong. Mix until fully combined and sprinkle over the breadcrumb mix. Pop in the hot oven and bake for 5-8 minutes until golden.

5. PASTA NIGHT! Dish up a hearty helping of the cheesy biltong pasta. Sprinkle over the chopped parsley, the spring onion greens, and the remaining sun-dried tomatoes. Wow, Chef!

Nutritional Information

Per 100g

Energy	1050kJ
Energy	251kcal
Protein	14.4g
Carbs	23g
of which sugars	3.9g
Fibre	1.3g
Fat	11g
of which saturated	5.9g
Sodium	266mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days