



QCOOK

Lamb Mince & Farfalle Pasta

with baby spinach & sun-dried tomatoes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Koelenhof | Koelenbosch Director's Reserve Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	938kJ	5271kJ
Energy	224kcal	1261kcal
Protein	10.7g	60g
Carbs	16g	88g
of which sugars	4.2g	23.6g
Fibre	2g	11.1g
Fat	12.7g	71.2g
of which saturated	6.2g	34.8g
Sodium	104mg	587mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Farfalle Pasta
150g	300g	Free-range Lamb Mince
75g	75g	Sliced Onion
5ml	10ml	NOMU Spanish Rub
30ml	60ml	Tomato Paste
50g	100g	Peas
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
100ml	200ml	Fresh Cream
20g	40g	Green Leaves <i>rinse</i>
15ml	30ml	Grated Italian-style Hard Cheese
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. FARFALLE FLAIR Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 12-15 minutes. Drain, reserving some pasta water, and toss through a drizzle of olive oil.

2. CREAMY PASTA Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and onion and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the NOMU rub and tomato paste. Fry until fragrant, 1-2 minutes. Mix in the peas, sun-dried tomato, cream, pasta, and 50ml [100ml] reserved pasta water. Simmer until coated and slightly thickening, 2-4 minutes. In the final 30-60 seconds, add the spinach and cook until wilted. Loosen with more pasta water if it's too thick. Remove from the heat and season.

3. DINNER IS READY Bowl up the creamy lamb pasta and sprinkle over the cheese. Drizzle over the lemon juice (to taste) and dig in, Chef!