



WCOOK

Creamy Tomato Beef Pasta

with coriander

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	521kJ	2680kJ
Energy	125kcal	641kcal
Protein	9.7g	50g
Carbs	16g	82g
of which sugars	2.8g	14.4g
Fibre	1.7g	8.7g
Fat	2.3g	11.6g
of which saturated	0.9g	4.8g
Sodium	61mg	313mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Gnocchi Shell Pasta
450g	600g	Beef Strips
30ml	40ml	Smoked Paprika
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
300g	400g	Cooked Chopped Tomato
90ml	125ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

1. KNOCK-OUT GNOCCHI 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. PAPRIKA BEEF STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel, coat with the ½ paprika and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan, season, and reserve any pan juices.

3. RICH TOMATO SAUCE Return the pan to medium heat, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the remaining paprika, and fry until fragrant, 1-2 minutes. Add the chopped tomatoes and 100ml [200ml] of water and simmer until reduced, 12-15 minutes. In the final 2-3 minutes, add a sweetener (to taste). Remove from the heat and add the sour cream, the beef, the pasta, and seasoning.

4. TIME TO INDULGE Bowl up the creamy tomato pasta. Garnish with the coriander, and finish off with a crack of black pepper. Enjoy!