



UCOOK

Baby Marrow & Beef Mince Pasta Bake

with pecan nuts & a fresh salad

Get ready to hear a lot of, “What smells so good?” when you make this recipe for guests. These aromas will come from an onion & beef mince mix, which has been embraced in a homemade, decadently rich roux. Topped with a layer of golden-baked mozzarella & cheddar and sided with a fresh, nutty salad for balance and crunch. No wonder it’s a fan favourite!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

100g	Penne Pasta
1	Onion <i>peel & roughly dice ½</i>
150g	Free-range Beef Mince
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU One For All Rub
15ml	Cake Flour
100ml	Low Fat UHT Milk
50g	Ricotta
100g	Baby Marrow <i>rinse, trim & cut into thin rounds</i>
20g	Grated Mozzarella & Cheddar Cheese
20g	Salad Leaves <i>rinse</i>
10g	Pecan Nuts

From Your Kitchen

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

1. BUBBLE BUBBLE 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 7-8 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. MINCE MIX Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). In the final minute, add the grated garlic and the NOMU rub. Remove from the pan, season, and set aside.

3. SAUCY SAUCE Return the pan to medium heat with 20g of butter. When melted, add the flour and stir until combined, 1-2 minutes (shifting constantly). Remove the pan from the heat and gradually mix in the milk, making sure there are no lumps. Loosen with the reserved pasta water until the desired consistency. Mix in the ricotta, the cooked mince, the baby marrow rounds, and the cooked pasta until combined. Season and remove from the heat.

4. OOZY CHEESE Place the pasta mix in a small ovenproof dish. Sprinkle over the grated cheese and pop in the hot oven. Bake until the cheese is melted and golden, 8-10 minutes. In a salad bowl, combine the rinsed salad leaves, ¾ of the pecans, a drizzle of olive oil, and seasoning.

5. PASTA PERFECTION! Sprinkle the remaining pecans over the baked pasta. Side with the nutty salad and dive in, Chef!



Chef's Tip

If you would like to toast your pecan nuts, place them in a pan over medium-high heat. Toast for 3-5 minutes until golden.

Nutritional Information

Per 100g

Energy	683kj
Energy	164kcal
Protein	8.2g
Carbs	16g
of which sugars	2.6g
Fibre	1.3g
Fat	7.4g
of which saturated	2.9g
Sodium	88mg

Allergens

Gluten, Allium, Wheat, Tree Nuts, Cow's Milk

Eat
Within
3 Days