



UCOOK

Beef Arrabiata Pasta

with Kalamata olives, chilli flakes & Italian-style hard cheese

A simple, stunning, and scrumptious dinner! Succulent strips of beef are tossed in an Arrabiata sauce with silky strands of pasta. Loaded with Kalamata olives and chilli flakes, this dish will comfort your soul and ignite your taste buds!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

100g	Tagliatelle Pasta
150g	Free-range Beef Strips
1	Onion <i>½ peeled & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Indian Rub
2,5ml	NOMU Chipotle Flakes
1	Fresh Chilli <i>rinsed, trimmed, deseeded & roughly chopped</i>
200g	Cooked Chopped Tomato
20g	Pitted Kalamata Olives <i>drained & halved</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. TIME TO TAGLIATELLE 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. BROWN THE BEEF While the pasta is cooking, place a deep pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef strips until browned, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. TOMATO SAUCE WITH A KICK Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic, the NOMU rub, the chipotle flakes (to taste), and ½ the chopped chilli (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato. Reduce the heat to medium and simmer until slightly reduced and thickened, 3-4 minutes.

4. IT'S BETTER TOGETHER When the sauce is done, add a sweetener and season. Toss the cooked pasta through the sauce along with the halved olives and the browned beef.

5. PERFECT PASTA! Bowl up a generous helping of the Arrabiata pasta. Sprinkle over the chopped parsley, the remaining chilli (to taste), and the grated cheese. Great job, Chef!

Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	9.6g
Carbs	14g
of which sugars	3.3g
Fibre	1.8g
Fat	2.3g
of which saturated	0.7g
Sodium	201mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days