



UCOOK

Beef Arrabiata Pasta

with Kalamata olives & fresh salad leaves

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

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

200g	Tagliatelle Pasta
320g	Free-range Beef Rump <i>pat dry & cut into 1cm thick slices</i>
1	Onion <i>peeled & cut into quarters</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Italian Rub
5ml	Dried Chilli Flakes
2	Fresh Chillies <i>deseeded & roughly chopped</i>
400g	Cooked Chopped Tomato
8g	Fresh Parsley
40g	Salad Leaves
20g	Pitted Kalamata Olives <i>drained & halved</i>

From Your Kitchen

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

1. BOILING AWAY Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 12-15 minutes until al dente. Drain on completion and toss through some olive oil to prevent sticking.

2. BEEF IS BOSS While the pasta is cooking, place a deep pan over a medium-high heat with a drizzle of oil. When hot, fry the beef slices for 3-4 minutes per side until browned and cooked through. Remove from the pan on completion, season, and set aside.

3. LET'S ACE THE ARRABIATA! Return the pan to a medium-high heat with a drizzle of oil. When hot, add the quartered onion and fry for 3-4 minutes, shifting occasionally, until soft. Add the grated garlic, the rub, chilli flakes (to taste), and ½ the chopped chilli (to taste). Fry for 1-2 minutes, until fragrant, shifting constantly. Add the cooked chopped tomato. Reduce the heat to medium and leave to simmer for 3-4 minutes until slightly reduced and thickened.

4. ALMOST DONE... While the sauce is simmering, rinse the parsley and the salad leaves. Pick the parsley. Set aside. When the sauce is done, season with salt, pepper, and a sweetener of choice (to taste). Add the cooked pasta to the pan of sauce along with the halved olives and the browned beef. Toss until fully combined.

5. HASTA LA PASTA! Bowl up a generous helping of the pasta Arrabiata. Sprinkle over the picked parsley and the remaining chilli (to taste). Side with the rinsed salad leaves. Great job, Chef!

Nutritional Information

Per 100g

Energy	588kj
Energy	141kcal
Protein	8.7g
Carbs	14g
of which sugars	2.9g
Fibre	1.6g
Fat	2.5g
of which saturated	0.7g
Sodium	134mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days