



UCCOOK

The Best Beef Tagliatelle

with a white wine sauce & Italian-style hard cheese


Succulent beef strips are cooked to perfection before being smothered in a creamy and delicious white wine & mushroom sauce. Enhanced with spinach for vibrancy and sunflower seeds for crunch, this dish has the perfect balance of textures, flavours and pizzazz!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

| | |
|-------|---------------------------|
| 300g | Tagliatelle Pasta |
| 190g | Button Mushrooms |
| 3 | Garlic Cloves |
| 60g | Spinach |
| 60g | Italian-style Hard Cheese |
| 450g | Free-range Beef Strips |
| 125ml | White Wine |
| 170ml | Fresh Cream |
| 30g | Sunflower Seeds |

From Your Kitchen

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

1. DINNER IS FULL OF PASTA-BILITIES Boil the kettle. Add the pasta to the pot with boiling water and some salt. Cook the pasta for 12-15 minutes until al dente. Drain on completion and toss through some olive oil to prevent sticking.

2. PREP & SEAR THE BEEF While the pasta is boiling, quarter the mushrooms. Peel and grate the garlic. Rinse the spinach and grate the cheese. Pat the beef strips dry and season. Place a pan over a high heat with a drizzle of oil. When hot, add the beef strips and fry for 30-60 seconds, until browned but not cooked through. You may have to do this step in batches. Remove from the pan on completion and season.

3. BEEF BEAUTY Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the quartered mushrooms and fry for 5-6 minutes, until browned, shifting occasionally. You may need to do this step in batches. Add all the mushrooms back to the pan and add the grated garlic. Fry for 30-60 seconds, shifting constantly. Add the cooked beef, and the wine. Leave to simmer for 2-3 minutes until the wine has almost all evaporated. Pour in the cream and leave to simmer for 4-6 minutes until slightly reduced and thickened. Add the cooked pasta and the rinsed spinach. Toss until the spinach is wilted and the pasta is fully coated in the sauce. Season to taste. (We recommend using lots of pepper!)

4. TAGLIATELLE TIME! Bowl up a hearty portion of the creamy beef pasta. Sprinkle over the grated cheese and the sunflower seeds. Tuck in, Chef!



Chef's Tip

If you want toasted sunflower seeds, pop them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 856kj |
| Energy | 205kcal |
| Protein | 12.6g |
| Carbs | 13g |
| of which sugars | 1.6g |
| Fibre | 1.2g |
| Fat | 8.7g |
| of which saturated | 4.2g |
| Sodium | 61mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 3
Days