



QCOOK

Beef Biltong & Ruby Pasta

with baby tomatoes, Danish-style feta & a balsamic vinaigrette

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	749kJ	3074kJ
Energy	179kcal	736kcal
Protein	12.9g	52.9g
Carbs	21g	88g
of which sugars	2.8g	11.5g
Fibre	2.8g	11.5g
Fat	3.3g	13.4g
of which saturated	1.1g	4.5g
Sodium	298mg	1224mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Beetroot Tagliatelle Pasta
150g	150g	Diced Onion
240g	320g	Baby Tomatoes <i>rinse & halve</i>
45ml	60ml	Balsamic Vinegar
8g	10g	Fresh Chives <i>rinse & roughly slice</i>
120g	160g	Peas
15ml	20ml	NOMU Italian Rub
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Beef Biltong
60g	80g	Danish-style Feta <i>drain</i>
15g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter

1. TASTY TAGLIATELLE Boil the kettle. Bring a pot of salted hot water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain and toss through a drizzle of olive oil.

2. ADD MORE COLOUR Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the baby tomatoes until the onion is golden and the tomatoes are lightly charred, 6-8 minutes (shifting occasionally). Remove from the pan and place in a large bowl along with the vinegar, ½ the chives, the peas, a drizzle of olive oil, a sweetener (to taste), and seasoning. Mix until combined.

3. BUTTERY PASTA Return the pan to medium heat with a knob of butter. When starting to foam, add the cooked pasta and the NOMU rub, shifting until combined. Remove the pan from the heat and season.

4. A WORLD-CLASS MEAL Make a bed of the ruby pasta and the salad leaves. Scatter over the biltong and the balsamic tomato mix. Drizzle over any remaining balsamic dressing from the tomatoes. Crumble over the feta and sprinkle over the pumpkin seeds. Garnish with the remaining chives. Enjoy!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.