



U C O O K

— COOKING MADE EASY

Luxury Beef & Olive Ragù

with linguine pasta, ricotta cheese & fresh parsley

A thick, glossy sauce of free-range beef mince, tomatoes, Peri-Peri spice, and juicy Kalamata olives. Seeping into a base of silky linguine and dolloped with a blend of creamy ricotta and fresh parsley. Hearty and classy!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

10g	Sunflower Seeds
1	Onion <i>one half peeled & finely diced</i>
150g	Free-Range Beef Mince
5ml	NOMU Peri Peri Rub
200g	Cooked Chopped Tomatoes
30ml	Non-Alcoholic Red Wine
125g	Linguine Pasta
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
50g	Ricotta Cheese
20g	Green Leaves <i>rinsed</i>
10ml	Balsamic Vinegar
30g	Pitted Kalamata Olives <i>drained & roughly chopped</i>

From Your Kitchen

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

1. PREP FOR THE PASTA & TOAST THE SEEDS Place a pot of salted water for the pasta over a high heat and leave to come to the boil for step 3. Place the sunflower seeds 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.

2. RAGÙ TO WOO YOU! Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally. Reduce the heat to low and stir through the Peri-Peri Rub, the cooked chopped tomatoes, and the red wine. Simmer for 12-15 minutes until reduced and thick, stirring occasionally to prevent it from catching. If too thick, loosen with a little of the pasta water.

3. BUBBLING LINGUINE Once the water is boiling, add a drizzle of oil and cook the pasta for 9-11 minutes until al dente. Drain on completion and return to the pot. Toss through some oil to prevent sticking and set aside.

4. WHILE YOUR RAGÙ & PASTA ARE ON THE GO... Mix three-quarters of the chopped parsley with the ricotta and season. Toss the rinsed green leaves with the balsamic vinegar, a drizzle of olive oil, and some seasoning. Set both aside for serving.

5. ALMOST THERE Once the ragù has thickened, stir through the chopped olives and season to taste with salt, pepper, and a sweetener of choice (optional). Remove from the heat and add half to the pot of pasta, reserving the rest for plating. Gently toss until coated.

6. TIME TO DINE! Pile up the luxurious beef linguine and spoon over the remaining ragù. Top with dollops of herbed ricotta and scatter over the remaining parsley. Serve the dressed leaves on the side with sprinklings of toasted sunflower seeds. Buon appetito, maestro!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	687kJ
Energy	164Kcal
Protein	7.6g
Carbs	17g
of which sugars	2.9g
Fibre	1.7g
Fat	6.4g
of which saturated	2.2g
Sodium	149mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days