



UCOOK

Easy Cajun Beef Pasta

with fresh basil

Diced onion is fried until silky & golden, then doused in the aromatic tanginess of tomato paste & garlic. Beef mince is browned and cooked in a special Cajun-spiced mix with milk. This creamy beef sensation is served with al dente tagliatelle pasta and fresh basil.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Tagliatelle Pasta
2	Onions <i>peel & roughly dice 1½</i>
3	Garlic Cloves <i>peel & grate</i>
45ml	Tomato Paste
450g	Beef Mince
75ml	Rub & Flour <i>(45ml NOMU Cajun Rub & 30ml Cornflour)</i>
300ml	Low Fat UHT Milk
8g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. CAJUN TOMATO SAUCE Boil the kettle. Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Mix through the grated garlic and tomato paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Mix in the rub & flour, the milk and 300ml of water. Simmer until reduced, 8-10 minutes (shifting occasionally).

3. BRING ON THE BASIL Once the sauce is done, mix through the cooked pasta, ½ the torn basil and season. Add some pasta water if too thick.

4. EAT TO YOUR HEART'S DELIGHT Serve up a hearty bowl of the Cajun pasta and garnish with the remaining basil.

Nutritional Information

Per 100g

Energy	727kJ
Energy	174kcal
Protein	8.3g
Carbs	17g
of which sugars	3.5g
Fibre	1.5g
Fat	6.6g
of which saturated	2.5g
Sodium	185mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days