Eat Within 4 Days

UCOOK

Rich Beef Penne Pasta

with baby spinach & sun-dried tomatoes

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	782kJ	3625kJ
Energy	187kcal	867kcal
Protein	11.1g	51.4g
Carbs	20g	92g
of which sugars	2.9g	13.5g
Fibre	1.8g	8.4g
Fat	5.3g	24.4g
of which saturated	2.2g	10.4g
Sodium	41mg	190mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Penne Pasta
450g	600g	Beef Rump Strips
2	2	Spring Onions *rinse, trim & roughly slice*
2	2	Garlic Cloves *peel & grate*
15ml	20ml	Dried Oregano
300ml	400ml	Tomato Passata
120g	160g	Spinach *rinse*
90ml	125ml	Crème Fraîche
60g	80g	Sun-dried Tomatoes *roughly chop*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. A PENNE FOR YOUR THOUGHTS Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve a cup of the pasta water, and toss through a drizzle of olive oil.

2. TOMATO BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel and cut into bite-sized pieces. When hot, fry until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil. Fry the onion, garlic, and oregano until fragrant, 1-2 minutes. Add the tomato passata, 300ml [400ml] of the reserved pasta water, and a sweetener (to taste). Simmer until thickening, 12-15 minutes. Mix in the crème fraîche, spinach, beef, sun-dried tomatoes, and seasoning. Remove from the heat.

3. FLAVOURFUL FORKFULS Bowl up the pasta and top with the tomato beef. Dig in, Chef!