

# QCOOK

## Hot & Spicy Beef Arrabiata Pasta

with Kalamata olives, chilli flakes & Italian-style hard cheese

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Sophie Germanier Organic | Pinotage Organic

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 537kJ    | 3031kJ      |
| Energy             | 128kcal  | 725kcal     |
| Protein            | 9.8g     | 55.1g       |
| Carbs              | 14.1g    | 79.7g       |
| of which sugars    | 2.9g     | 16.6g       |
| Fibre              | 1.7g     | 9.6g        |
| Fat                | 2.1g     | 12g         |
| of which saturated | 0.6g     | 3.6g        |
| Sodium             | 175mg    | 990mg       |

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

**Spice Level:** Hot

Eat Within 2 Days



## Ingredients & Prep Actions:

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|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 300g     | 400g       | Tagliatelle Pasta  |
| 450g     | 600g       | Beef Strips  |
| 225g     | 300g       | Sliced Onions  |
| 30ml     | 40ml       | Chilli NOMU Rub<br><i>(22,5ml [30ml] NOMU<br/>Indian Rub &amp; 7,5ml [10ml]<br/>Dried Chilli Flakes)</i> |
| 600g     | 800g       | Cooked Chopped Tomato  |
| 60g      | 80g        | Pitted Kalamata Olives<br><i>drain &amp; halve</i>   |
| 8g       | 10g        | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i>   |
| 60ml     | 80ml       | Grated Italian-style Hard<br>Cheese  |

## From Your Kitchen

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

**1. PASTA & BEEF** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water and toss through a drizzle of olive oil. Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. Fry the beef strips until browned, 1-2 minutes per side. Remove from the pan, season, and set aside.

**2. TOMATO SAUCE WITH A KICK** Return the pan to medium-high heat with a drizzle of oil. Fry the onions until soft, 3-4 minutes (shifting occasionally). Add the chilli NOMU rub and fry until fragrant, 30 - 60 seconds (shifting constantly). Add the cooked chopped tomato and 300ml [400ml] of the reserved pasta water. Simmer until slightly reduced and thickened, 12-15 minutes (shifting occasionally).

**3. IT'S BETTER TOGETHER** When the sauce is done, add a sweetener (to taste) and season. Toss the cooked pasta, olives and browned beef through the sauce.

**4. PERFECT PASTA!** Bowl up a generous helping of the Arrabiata pasta. Sprinkle over the basil and the cheese. Great job, Chef!