



UCOOK

Spiced Beef & Pappardelle

with mushrooms, bell pepper & toasted almonds

The secret to this sensational pasta dish? The combination of the seasoned stock & mustard crème, which gives this dish a rich, decadent sauce that coats everything - from the al dente pappardelle pasta and browned mince, to the golden mushrooms. A dash of lemon juice, a garnish of fresh dill, and you've made every Italian proud today!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon

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

Ingredients & Prep

10g	Almonds <i>roughly chop</i>
150g	Beef Mince
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly dice ½</i>
1	Bell Pepper <i>rinse, deseed & dice ½</i>
5ml	Cornflour
15ml	Seasoned Stock <i>(10ml NOMU Italian Rub & 5ml Chicken Stock)</i>
20g	Spinach <i>rinse & roughly shred</i>
45ml	Mustard Crème <i>(40ml Crème Fraîche & 5ml Dijon Mustard)</i>
15ml	Lemon Juice
125g	Pappardelle Pasta
3g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)

1. TOAST Bring a pot of salted water to a boil for the pasta. Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CARAMELISED MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

3. MUSHROOMS Add the sliced mushrooms, the diced onions, and the diced peppers to the pan with the mince, and fry until turning golden, 5-6 minutes (shifting occasionally). Add the cornflour and the seasoned stock. Fry until fragrant, 1-2 minutes. Mix in 150ml of water. Simmer until thickening and slightly reduced, 6-8 minutes. In the final minute, mix in the shredded spinach. Remove from the heat, mix in the mustard crème, the lemon juice (to taste) and season.

4. PASTA While the sauce is simmering, cook the pasta until al dente, 1-2 minutes. Drain and toss through a drizzle of olive oil.

5. DINNER IS READY Make a bed of the pasta, pour over the creamy mince, sprinkle over the toasted almonds, and garnish with the chopped dill. Well done, Chef!



Chef's Tip

Cooking pasta in salted water enhances its flavor by allowing the salt to absorb throughout, not just on the surface.

Nutritional Information

Per 100g

Energy	439kj
Energy	105kcal
Protein	6.2g
Carbs	16g
of which sugars	2.6g
Fibre	1.9g
Fat	6.2g
of which saturated	2.4g
Sodium	152mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days