UCOOK

One-pot Smoky Cheesy Beef Pasta

with cheese & fresh basil

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 3 & 4

Chef: Ropafadzo Zengeni

Wine Pairing: Koelenhof | Koelenbosch Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	820kJ	4395kJ
Energy	196kcal	1051kcal
Protein	13.7g	73.3g
Carbs	21g	114g
of which sugars	5.6g	29.8g
Fibre	1.3g	7.1g
Fat	6.4g	34.1g
of which saturated	3.2g	16.9g
Sodium	252mg	1351mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Rigatoni Pasta
450g	600g	Beef Strips
30ml	40ml	NOMU BBQ Rub
90ml	120ml	Spice Mix *(60ml [80ml] Cake Flour, 7.5ml [10ml] Garlic Powder, 15ml [20ml] Cayenne Pepper & 7.5ml [10ml] Onion Powder)*
450ml	600ml	Full Cream UHT Milk
240g	320g	Grated Mozzarella & Cheddar Cheese
120ml	160ml	Smoky Sauce *(75ml [100ml] Hickory BBQ Sauce, 30ml [40ml] Worcestershire Sauce & 15ml [20ml] Mrs Balls Chutney)*
8g	10g	Fresh Basil *rinse, pick & roughly tear*

From Your Kitchen

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

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

2. BEEF Return the pot to high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel and roughly chop. Coat with NOMU rub and seasoning. Fry until browned, 4-6 minutes (shifting occasionally). Remove from the pot.

3. CHEESE SAUCE Return the pot to medium heat with 30g [40g] of butter. Once melted, vigorously mix in the spice mix to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk. Once the milk is incorporated and the sauce is thick, add ½ the cheese and stir until melted.

4. ALL TOGETHER Add the pasta, browned beef, smoky sauce, and season (to taste) to the cheese sauce. Loosen with the reserved pasta water if it's too thick. Sprinkle over the remaining cheese and cook until melted, 3-4 minutes. Remove from the heat.

5. TIME TO EAT Bowl up the cheesy beef pasta and garnish with basil. Enjoy, Chef!