



# UCOOK

## Beef Biltong & Ruby Pasta

with baby tomatoes, Danish-style feta & balsamic vinaigrette

Cooking is all about exploring new pasta-bilities! This recipe brings in new flavours and colours with ruby-red beetroot pasta, pops of plump peas, mouthwatering beef biltong & charred balsamic baby tomatoes. Completed with a crumble of creamy feta & toasted pumpkin seeds. Show yourself some love or enjoy this dreamy dish with your loved ones.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 3 People

---

**Chef:** Rhea Hsu

---

 Quick & Easy

---

 Waterford Estate | Waterford Grenache Noir

---

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

## Ingredients & Prep

300g	Beetroot Tagliatelle
120g	Peas
15g	Pumpkin Seeds
300g	Baby Tomatoes <i>rinsed &amp; halved</i>
1	Onion <i>¾ peeled &amp; finely diced</i>
45ml	Balsamic Vinegar
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
15ml	NOMU Provençal Rub
60g	Green Leaves <i>rinsed</i>
150g	Free-range Beef Biltong
90g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. RUBY RED** Boil the kettle. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain and toss through a drizzle of olive oil. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**2. POP THE PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CHAR AND CHOP** Return the pan to medium heat with a drizzle of oil. When hot, add the halved baby tomatoes and fry until blistered and charred, 5-6 minutes (shifting occasionally). Remove from the pan and place in a large bowl along with the diced onion (to taste), the vinegar, ½ the chopped parsley, a drizzle of olive oil, a sweetener, and seasoning. Mix until combined.

**4. BRING ON THE BUTTER** Return the pan to medium heat with a knob of butter. When starting to foam, add the cooked pasta and the NOMU rub, shifting until combined. Remove the pan from the heat and season.

**5. ALL TOGETHER NOW** Make a bed of the ruby pasta and the rinsed green leaves. Scatter over the plumped peas, the biltong, and the balsamic tomatoes. Drizzle over any remaining balsamic dressing from the tomatoes. Crumble over the drained feta and sprinkle over the toasted pumpkin seeds. Garnish with the remaining parsley. Enjoy!

## Nutritional Information

Per 100g

Energy	1815kJ
Energy	434kcal
Protein	12.2g
Carbs	20g
of which sugars	2.8g
Fibre	3.3g
Fat	3.8g
of which saturated	1.5g
Sodium	294mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days