



# UCOOK

## Italian Pork Mince Pasta

with fresh parsley & **NOMU Italian Rub**

This recipe combines the rich and savoury flavours of caramelised pork mince, tomatoes & aromatic **NOMU Italian Rub**. Tossed with al dente penne pasta and topped off with a generous sprinkle of grated cheese and fresh parsley - a simple yet scrumptious meal that is sure to satisfy. Let's get cooking!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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Simple & Save

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Laborie Estate | Laborie Merlot

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### Ingredients & Prep

400g	Penne Rigate
2	Onions <i>peel &amp; roughly dice</i>
600g	Pork Mince
30ml	NOMU Italian Rub
400g	Cooked Chopped Tomato
160g	Grated Mozzarella & Cheddar Cheese
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

### From Your Kitchen

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

**1. PENNE FOR YOUR THOUGHTS** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 2 cups of pasta water, and toss through a drizzle of olive oil.

**2. THE MAIN EVENT** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned and caramelised, 6-7 minutes (shifting occasionally). In the final minute, add the NOMU rub, the cooked chopped tomato, and 400ml of the pasta water. Simmer until slightly reduced, 7-8 minutes. Add a sweetener (to taste) and seasoning. Toss through the cooked pasta.

**3. MELTY & CHEESY** Reduce the heat to low and sprinkle the grated cheese over the pasta & sauce. Cover until melted, 1-3 minutes.

**4. TIME TO DINE** Plate up the cheesy mince pasta and sprinkle over the chopped parsley. As simple as that!

### Nutritional Information

Per 100g

Energy	776kj
Energy	186kcal
Protein	9.2g
Carbs	18g
of which sugars	2.8g
Fibre	1.5g
Fat	8.2g
of which saturated	3.4g
Sodium	139mg

### Allergens

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

Eat  
Within  
1 Day