



UCCOOK

Easy Cajun Beef Pasta

with green leaves

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	719kJ	3906kJ
Energy	172kcal	934kcal
Protein	8.2g	44.7g
Carbs	16g	89g
of which sugars	3.4g	18.6g
Fibre	1.5g	8.1g
Fat	6.5g	35.3g
of which saturated	2.4g	13.2g
Sodium	128mg	739mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Tagliatelle Pasta
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
3	4	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Tomato Paste
450g	600g	Beef Mince
75ml	100ml	Rub & Flour <i>(45ml [30ml] NOMU Cajun Rub & 30ml [40ml] Cornflour)</i>
300ml	400ml	Low Fat UHT Milk
30g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

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

2. CAJUN TOMATO SAUCE Boil the kettle. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Mix through the garlic and tomato paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Mix in the rub & flour, the milk and 300ml [400ml] of water. Simmer until reduced, 8-10 minutes (shifting occasionally).

3. BRING ON THE LEAVES Once the sauce is done, mix through the pasta, ½ the green leaves and season. Add some pasta water if too thick.

4. EAT TO YOUR HEART'S DELIGHT Serve up a hearty bowl of the Cajun pasta and garnish with the remaining green leaves.