



UCOOK

Beef Mince Pasta

with paprika & fresh parsley


Creamy comfort food with tons of flavour. Beef mince is smothered in a silky tomato & paprika sauce and tossed with macaroni pasta. Prepare for seconds!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

| | |
|-------|--|
| 500g | Macaroni |
| 600g | Beef Mince |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 40ml | Tomato Paste |
| 125ml | White Wine |
| 60ml | Cake Flour |
| 400ml | Low Fat Fresh Milk |
| 40ml | Ground Paprika |
| 10g | Fresh Parsley <i>rinsed, picked & roughly chopped</i> |

From Your Kitchen

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

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. BROWN THE MINCE Place a pan, large enough for the pasta, over 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, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. SILKY SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, add the grated garlic, the tomato paste, and the wine. Cook until the wine is almost all evaporated, 1-2 minutes. Add 80g of butter and the flour. Fry for 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with the reserved pasta water until the desired consistency.

4. BRING IT ALL TOGETHER Return the pan with the sauce to medium-high heat and bring to a simmer. Mix through the paprika, the cooked pasta, ½ the browned mince, ½ the chopped parsley, a sweetener, and seasoning. Remove from the heat.

5. CREAMY DREAMY DINNER Plate up the creamy paprika pasta. Sprinkle over the remaining mince and parsley. Indulge yourself, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 940kJ |
| Energy | 225kcal |
| Protein | 11g |
| Carbs | 26g |
| of which sugars | 2.4g |
| Fibre | 1.6g |
| Fat | 7.9g |
| of which saturated | 3g |
| Sodium | 105mg |

Allergens

Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 3
Days