



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: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

200g	Beetroot Tagliatelle
80g	Peas
10g	Pumpkin Seeds
200g	Baby Tomatoes <i>rinsed & halved</i>
1	Onion <i>½ peeled & finely diced</i>
30ml	Balsamic Vinegar
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10ml	NOMU Provençal Rub
40g	Green Leaves <i>rinsed</i>
100g	Free-range Beef Biltong
60g	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, 3-4 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