



# UCOOK

## Fusilli Pasta & Beef Mince

with grated cheese & baby marrow

In less than 30 minutes, your kitchen will be filled with the aromas of an Italian trattoria as you plate up a mound of al dente fusilli pasta, then generously spoon over NOMU Italian Rub-spiced mince coated in an authentic napoletana sauce. Complemented with fresh basil and grated cheese.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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Quick & Easy

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 Paardenkloof Wines | Paardenkloof "The Long Road" Shiraz

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## Ingredients & Prep

300g	Fusili Pasta
300g	Baby Marrow Rounds
450g	Free-range Beef Mince
45ml	Spiced Rub <i>(30ml NOMU Italian Rub &amp; 15ml Dried Chilli Flakes)</i>
3 units	UCOOK Napoletana Sauce
8g	Fresh Basil <i>rinse &amp; pick</i>
90g	Grated Mozzarella & Cheddar Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

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

**2. CHARRED MARROW** Whilst the pasta is cooking, place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow rounds until lightly golden, 2-3 minutes (shifting occasionally). Remove from the pan and season.

**3. SAUCY MINCE** Return the pan over a medium-high heat. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the spiced rub and fry until fragrant. Mix in the napoletana sauce, the baby marrows, and ½ the picked basil. Simmer until warmed through, 4-5 minutes. Season and sprinkle over the grated cheese. Remove from the heat.

**4. TIME TO EAT** Plate up the pasta, spoon over the loaded cheesy mince, and garnish with the remaining basil. Easy, Chef!

## Nutritional Information

Per 100g

Energy	630kJ
Energy	151kcal
Protein	7.9g
Carbs	16g
of which sugars	3g
Fibre	1.4g
Fat	6.1g
of which saturated	2.5g
Sodium	194mg

## Allergens

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

Eat  
Within  
1 Day