



U&COOK

Spinach & Beef Pasta

with fresh parsley

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Zevenwacht | Zeven Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	523kJ	1701kJ
Energy	125kcal	407kcal
Protein	16.8g	54.6g
Carbs	18g	60g
of which sugars	1.2g	3.8g
Fibre	1.1g	3.4g
Fat	5g	16.2g
of which saturated	2.4g	7.8g
Sodium	131mg	427mg

Allergens: Cow's Milk, Gluten, Wheat

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Macaroni
150g	300g	Beef Strips
5ml	10ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
30g	60g	Cheddar Cheese <i>grate</i>
20g	40g	Spinach <i>rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

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 the pasta water, and toss through a drizzle of olive oil.

2. BROWN THE BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

3. BEAUTIFUL BECHAMEL Return the pan to medium heat with 10g [20g] of butter. Fry until fragrant, 30-60 seconds (shifting constantly). Vigorously whisk in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. Add the cheese and stir until combined. If the béchamel is too thick for your liking, loosen with a splash of the reserved pasta water. Remove from the heat and season.

4. ALL TOGETHER NOW Add the cooked beef, the spinach, ½ the parsley, and the cooked pasta to the bechamel. Mix until the pasta is fully coated and the spinach is wilted. Add seasoning and cover.

5. STUNNING! Serve up the creamy beef pasta and garnish with the remaining parsley.