



UCCOOK

Lamb Mince Penne Pasta

with sun-dried tomato, peas & grated Italian-style hard cheese

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	742kJ	5570kJ
Energy	177kcal	1332kcal
Protein	8.4g	62.7g
Carbs	16g	121g
of which sugars	4.3g	32.6g
Fibre	1.8g	13.7g
Fat	9.3g	70.1g
of which saturated	4.6g	34.5g
Sodium	169mg	1271mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Penne Pasta
75g	150g	Sliced Onion
150g	300g	Free-range Lamb Mince
5ml	10ml	Nomu Does Everything
1	1	UCOOK Neapolitana Sauce
100ml	200ml	Fresh Cream
50g	100g	Peas
20g	40g	Sun-dried Tomatoes
15ml	30ml	Grated Italian-style Hard Cheese
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. AN ITALIAN STAPLE Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. MMMINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and onion and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the Neapolitana sauce and the cream. Simmer until thickened and reduced, 6-8 minutes.

3. ADD SOME COLOUR Mix in the peas, sun-dried tomato and the pasta into the sauce. Simmer until coated, 1-2 minutes. Season.

4. CHE BONTA! Bowl up the creamy lamb pasta and sprinkle over the cheese. Drizzle over the lemon juice (to taste) and dig in, Chef!