



# UCOOK

## Creamy Pork Mince Pasta

with toasted sunflower seeds, peas & fresh basil

You say an easy-to-make meal that's a crowd pleaser. We say 'creamy pork mince pasta'! Al dente macaroni pasta join browned pork mince, plump peas & golden onions in a creamy tomato sauce. Finish with toasted seeds for crunch and earthy basil for freshness.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Simple & Save

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 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

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400g	Macaroni Pasta
40g	Sunflower Seeds
600g	Pork Mince
2	Onions <i>peel &amp; finely dice</i>
120ml	Spice & Flour <i>(40ml NOMU Cajun Rub &amp; 80ml Cake Flour)</i>
60ml	Tomato Paste
400ml	Low Fat UHT Milk
160g	Peas
10g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

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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, 8-10 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

**2. TOAST** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PORK MINCE** Return the pan to medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

**4. CREAMY TIME** Add the diced onions to the pan and fry until soft and turning golden, 4-5 minutes. Add the spice & flour, the tomato paste, and a drizzle of oil. Fry until fragrant, 1-3 minutes. Slowly stir in the milk until thickened (whisking constantly). Add the reserved pasta water until a saucy consistency. Season and add the peas. Simmer until the peas are warmed through, 3-4 minutes. Add the cooked pasta and mix to combine. Loosen with more pasta water if it's too thick.

**5. TIME TO EAT** Make a bed of the creamy pasta, top with a sprinkle of the toasted sunflower seeds, and garnish with the rinsed basil leaves. Well done, Chef!

## Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

## Nutritional Information

Per 100g

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Energy	595kj
Energy	142kcal
Protein	9.3g
Carbs	21g
of which sugars	2.8g
Fibre	1.9g
Fat	8.1g
of which saturated	2.7g
Sodium	128mg

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## Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook  
within 1  
Day