

UCCOOK

Cheesy Biltong Pasta

with charred corn & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Serina Landman

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	763kJ	4769kJ
Energy	182kcal	1141kcal
Protein	13.5g	84.3g
Carbs	19g	118g
of which sugars	2.6g	16g
Fibre	1.8g	11.2g
Fat	5.8g	36.4g
of which saturated	3g	18.9g
Sodium	255mg	1593mg

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

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Gnocchi Shell Pasta
120g	160g	Corn
30ml	40ml	Cake Flour
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	NOMU One For All Rub
300ml	400ml	Low Fat UHT Milk
120g	160g	Cheddar Cheese <i>grate</i>
120g	160g	Grated Emmental Cheese
225g	300g	Beef Biltong <i>roughly slice</i>
2	2	Lemons <i>rinse & cut into wedges</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter

- 1. A GNOCCHI-OUT MEAL** 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. CORN** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHEESY MOMENT** Add the flour, the garlic, the NOMU rub, and 30g [40g] of butter to the pot. Fry until fragrant, 1-2 minutes. Slowly whisk in the milk until the sauce thickens slightly. Mix in the cheese, biltong, corn, a squeeze of lemon juice (to taste), and the pasta. Remove from the heat once the cheese is melted.
- 4. DINNER IS READY** Bowl up the pasta and sprinkle over the parsley. Cheers, Chef!