

Eat Within 3 Days

QCOOK

One Pot Creamy Tomato Beef Pasta

with fresh parsley

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	687kJ	3295kJ
Energy	164kcal	788kcal
Protein	11.2g	53.6g
Carbs	16g	78g
of which sugars	2.7g	13g
Fibre	1.4g	6.6g
Fat	5.5g	26.2g
of which saturated	2.8g	13.5g
Sodium	299mg	1435mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beef Strips
225g	300g	Linguine Pasta
30ml	40ml	Spice Mix
225g	300g	Sliced Onion
2	2	Garlic Cloves *peel & grate*
300ml	400ml	Tomato Passata
30ml	40ml	Chicken Stock
150ml	200ml	Fresh Cream
75ml	100ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. LEKKER LINGUINE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve 150ml [200ml] of the pasta water, and toss through a drizzle of olive oil. Dilute the stock with the reserved pasta water.

2. ITALIAN-SPICED BEEF Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat in the spice mix. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season. Return the pan to medium heat, with a drizzle of oil (if necessary). Fry the onion until golden and soft, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add the garlic and fry until fragrant.

3. SUPERB STOCK Add the tomato passata and the stock to the pan. Simmer until thickening, 12-15 minutes. Mix in the cream and pasta. Cook until combined and creamy, 4-5 minutes. In the final 1- 2 minutes, mix in the beef. Remove from the heat and season.

4. PERFECT PASTA Bowl up the silky pasta and sprinkle over the cheese. Garnish with a sprinkle of the parsley. Just like that, dinner is served!