



UCOOK

Cheesy Biltong Pasta

with charred corn & fresh parsley

If you love cheese, you will be more than pleased with this recipe, Chef! Mozzarella & emmental cheese are melted into a creamy, homemade bechamel sauce, which is used to cook the fresh unicorn pasta in. Featuring sweet pops of corn and salty bits of biltong. Remember to say 'cheese' when you take a selfie with this winner of a dinner.

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Serina Landman

Quick & Easy

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

40g	Corn
10ml	Cake Flour
1	Garlic Clove <i>peel & grate</i>
5ml	NOMU Provençal Rub
100ml	Low Fat UHT Milk
100g	Fresh Unicorn Pasta
60g	Swiss-Mozzarella Mix <i>(40g Grated Mozzarella Cheese & 20g Grated Emmental Cheese)</i>
75g	Beef Biltong <i>roughly slice</i>
10ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CORN Place a pot over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally).

2. CHEESY MOMENT Add the flour, the grated garlic, the NOMU rub, and 10g of butter to the pot. Fry until fragrant, 1-2 minutes. Whisk in the milk, 100ml of water, and the pasta. Simmer until the pasta is cooked to al dente, 2-3 minutes. Mix in the cheese, the sliced biltong, the charred corn, and lemon juice (to taste). Remove from the heat once the cheese is melted.

3. DINNER IS READY Bowl up the pasta and sprinkle over the chopped parsley. Cheers, Chef!



Chef's Tip

Once the cheese is melted and incorporated, remove from the heat to avoid overcooking, which can cause a gritty texture.

Nutritional Information

Per 100g

Energy	898kJ
Energy	215kcal
Protein	18.4g
Carbs	19g
of which sugars	2.1g
Fibre	1.1g
Fat	6.6g
of which saturated	3.3g
Sodium	380mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat

Eat
Within
3 Days