



QCOOK

One Pot Creamy Tomato Beef Pasta

with fresh parsley

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Strips
75g	150g	Linguine Pasta
10ml	20ml	Spice Mix
75g	150g	Sliced Onion
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Tomato Passata
10ml	20ml	Chicken Stock
50ml	100ml	Fresh Cream
25ml	50ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

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 50ml [100ml] 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, 4-5 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, 8-10 minutes. Mix in the cream and pasta. Cook until combined and creamy, 3-5 minutes. In the final minute, 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!