



UCOOK

Cheesy Beef Schnitty Pasta

with a herb crumb & a fresh salad

If you like cheese, you're going to love this recipe, Chef! Al dente fusilli pasta is coated in a homemade cheese sauce, then topped with buttery slices of NOMU Italian Rub-spiced beef and a parsley-infused cheese crumb. Finished with fresh parsley, toasted nuts, and sided with a sun-dried tomato & feta salad. Cheesy in the best possible way, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

100g	Fusili Pasta
5g	Almonds <i>roughly chop</i>
60ml	Cheesy Crumb <i>(40ml Panko Breadcrumbs & 20ml Grated Italian-style Hard Cheese)</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
10ml	Cake Flour
60ml	Low Fat Fresh Milk
40g	Grated Mozzarella & Cheddar Cheese
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Danish-style Feta <i>drain</i>
20g	Sun-dried Tomatoes <i>roughly chop</i>
150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU Italian Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. CHOP-CHOP Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRUNCHY CRUMB Return the pan to medium-high heat with 10g of butter and a drizzle of oil. Once melted, add the cheesy crumb and fry until lightly toasted and golden, 1-2 minutes. Remove from the pan and mix through ½ the chopped parsley. Set aside.

4. CHEESY SAUCE Return the pan to medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat. Toss through the cooked pasta and loosen with some pasta water if too thick.

5. SUN-DRIED TOMATO SALAD In a bowl, toss together the shredded salad leaves, the drained feta, the chopped sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

6. BUTTER-BASTED BEEF Place a clean pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season. Rest for 5 minutes before slicing and seasoning.

7. GATHER AROUND THE TABLE Dish up the creamy pasta and top with the beef slices and the cheesy crumb. Garnish with the remaining chopped parsley and the toasted nuts. Serve the fresh salad on the side.

Nutritional Information

Per 100g

Energy	920kJ
Energy	220kcal
Protein	15.9g
Carbs	23g
of which sugars	2.9g
Fibre	1.5g
Fat	7.2g
of which saturated	3.3g
Sodium	193mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Eat
Within
3 Days