

Eat Within 4 Days

QCOOK

Beef Arrabbiata Pasta

with olives & Italian-style cheese

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	591kJ	2705kJ
Energy	141kcal	647kcal
Protein	11.9g	54.4g
Carbs	12g	54g
of which sugars	2.6g	12g
Fibre	1.6g	7.3g
Fat	3.3g	15.1g
of which saturated	1.1g	5g
Sodium	176mg	804mg

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

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Tagliatelle Pasta
150g	300g	Beef Schnitzel (without crumb)
10ml	20ml	Chilli NOMU Rub *(7.5ml [15ml] NOMU Rub & 2.5ml [5ml] Chilli Flakes)*
1	2	Spring Onion/s *trim, rinse & roughly slice*
150ml	300ml	Tomato Passata
30g	60g	Pitted Kalamata Olives *drain*
40ml	80ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley *rinse & roughly chop*
1	1	Fresh Chilli *rinse, deseed & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel
Sugar/Sweetener/Honey

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

2. BEEF Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel, roughly cut into strips, and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. ALL TOGETHER Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 2-3 minutes. Add the chilli NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato passata and 100ml [200ml] of the reserved pasta water. Simmer until thickened, 6-8 minutes. Remove from the heat, mix in the olives, beef strips, sweetener (to taste), pasta, and seasoning. Loosen with a splash of water if it's too thick.

4. TIME TO DINE Bowl up the beef arrabbiata pasta and top it with a sprinkle of cheese. Garnish with parsley and chilli (to taste). Enjoy, Chef!

Chef's Tip Arrabbiata means "angry" in Italian, referring to the fiery chilli heat!