



# UCCOOK

## The Best Beef Tagliatelle

**with a white wine sauce & Italian-style hard cheese**

Succulent beef strips are cooked to perfection before being smothered in a creamy and delicious white wine & mushroom sauce. Enhanced with spinach for vibrancy and sunflower seeds for crunch, this dish has the perfect balance of textures, flavours and pizzazz!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Fan Faves

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 Vergelegen | Premium Cabernet Sauvignon / Merlot

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## Ingredients & Prep

400g	Tagliatelle Pasta
250g	Button Mushrooms
4	Garlic Cloves
80g	Spinach
80g	Italian-style Hard Cheese
600g	Free-range Beef Strips
170ml	White Wine
250ml	Fresh Cream
40g	Sunflower Seeds

## From Your Kitchen

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

**1. DINNER IS FULL OF PASTA-BILITIES** Boil the kettle. Add the pasta to the pot with boiling water and some salt. Cook the pasta for 12-15 minutes until al dente. Drain on completion and toss through some olive oil to prevent sticking.

**2. PREP & SEAR THE BEEF** While the pasta is boiling, quarter the mushrooms. Peel and grate the garlic. Rinse the spinach and grate the hard cheese. Pat the beef strips dry and season. Place a pan over a high heat with a drizzle of oil. When hot, add the beef strips and fry for 30-60 seconds, until browned but not cooked through. You may have to do this step in batches. Remove from the pan on completion and season.

**3. BEEF BEAUTY** Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the quartered mushrooms and fry for 5-6 minutes, until browned, shifting occasionally. You may need to do this step in batches. Add all the mushrooms back to the pan and add the grated garlic. Fry for 30-60 seconds, shifting constantly. Add the cooked beef, and the wine. Leave to simmer for 2-3 minutes until the wine has almost all evaporated. Pour in the cream and leave to simmer for 5-7 minutes until slightly reduced and thickened. Add the cooked pasta and the rinsed spinach. Toss until the spinach is wilted and the pasta is fully coated in the sauce. Season to taste. (We recommend using lots of pepper!)

**4. TAGLIATELLE TIME!** Bowl up a hearty portion of the creamy beef pasta. Sprinkle over the grated cheese and the sunflower seeds. Tuck in, Chef!



## Chef's Tip

If you want toasted sunflower seeds, pop them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

## Nutritional Information

Per 100g

Energy	856kj
Energy	205kcal
Protein	12.6g
Carbs	13g
of which sugars	1.6g
Fibre	1.2g
Fat	8.7g
of which saturated	4.2g
Sodium	61mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook  
within 3  
Days