



UCOOK

Creamy Pork Mince Pasta

with toasted sunflower seeds, peas & fresh basil

You say an easy-to-make meal that's a crowd pleaser. We say 'creamy pork mince pasta'! Al dente macaroni pasta join browned pork mince, plump peas & golden onions in a creamy tomato sauce. Finish with toasted seeds for crunch and earthy basil for freshness.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 **Simple & Save**

 **Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021**

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Ingredients & Prep

300g	Macaroni Pasta
30g	Sunflower Seeds
450g	Pork Mince
2	Onions <i>peel & finely dice 1½</i>
90ml	Spice & Flour <i>(30ml NOMU Cajun Rub & 60ml Cake Flour)</i>
45ml	Tomato Paste
300ml	Low Fat UHT Milk
120g	Peas
8g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PORK MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

4. CREAMY TIME Add the diced onions to the pan and fry until soft and turning golden, 4-5 minutes. Add the spice & flour, the tomato paste, and a drizzle of oil. Fry until fragrant, 1-3 minutes. Slowly stir in the milk until thickened (whisking constantly). Add the reserved pasta water until a saucy consistency. Season and add the peas. Simmer until the peas are warmed through, 3-4 minutes. Add the cooked pasta and mix to combine. Loosen with more pasta water if it's too thick.

5. TIME TO EAT Make a bed of the creamy pasta, top with a sprinkle of the toasted sunflower seeds, and garnish with the rinsed basil leaves. Well done, Chef!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	595kJ
Energy	142kcal
Protein	9.3g
Carbs	21g
of which sugars	2.8g
Fibre	1.9g
Fat	8.1g
of which saturated	2.7g
Sodium	128mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 1
Day