



UCCOOK

Creamy Paprika Beef Meatball Spaghetti

with grated Italian-style cheese

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Danél Lourens

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	621kJ	4820kJ
Energy	149kcal	1153kcal
Protein	7.2g	55.8g
Carbs	12g	93g
of which sugars	2.8g	22g
Fibre	1.5g	11.9g
Fat	8.2g	63.6g
of which saturated	3.6g	27.6g
Sodium	124mg	960mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Spaghetti
4	8	Beef Meatballs
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	NOMU Rub Mix <i>(7,5ml [15ml] NOMU Spanish Rub & 7,5ml [15ml] NOMU Italian Rub)</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
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

- 1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.
- 2. MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 5-6 minutes, shifting as they colour. Remove from the pan.
- 3. SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary. Fry the onion and the pepper until lightly golden, 5-6 minutes (shifting occasionally). Add the garlic and the NOMU rub mix, and fry until fragrant, 1-2 minutes. Mix in the cream, the meatballs, the sun-dried tomatoes and 100ml [200ml] of the reserved pasta water. Gently simmer until slightly thickened, 6-8 minutes. In the final 2-3 minutes, mix in the pasta, and cook until combined. Loosen with a splash of water if it's too thick. Remove from the heat and season.
- 4. DINNER IS READY** Bowl up the loaded pasta and meatballs. Sprinkle over the cheese and garnish with the parsely. Dig in, Chef!