



UCCOOK

Cheesy Biltong Pasta

with charred corn & fresh parsley

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Serina Landman

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info	Per 100g	Per Portion
Energy	1039kJ	4320kJ
Energy	249kcal	1033kcal
Protein	19.2g	79.8g
Carbs	24g	99g
of which sugars	2.5g	10.3g
Fibre	1.2g	5.1g
Fat	7.6g	31.7g
of which saturated	4g	16.8g
Sodium	370.8mg	1541mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Gnocchi Shell Pasta
40g	80g	Corn
10ml	20ml	Cake Flour
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	NOMU One For All Rub
100ml	200ml	Low Fat UHT Milk
80g	160g	Swiss-Mozzarella Mix <i>(40g [80g] Grated Mozzarella Cheese & 40g [80g] Grated Emmental Cheese)</i>
75g	150g	Beef Biltong <i>roughly slice</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter

1. **A GNOCCHI-OUT MEAL** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.
2. **CORN** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
3. **CHEESY MOMENT** Add the flour, the garlic, the NOMU rub, and 10g [20g] of butter to the pot. Fry until fragrant, 1-2 minutes. Slowly whisk in the milk until the sauce thickens slightly. Mix in the cheese, the biltong, the corn, the lemon juice (to taste), and the pasta. Remove from the heat once the cheese is melted.
4. **DINNER IS READY** Bowl up the pasta and sprinkle over the parsley. Cheers, Chef!

Chef's Tip Once the cheese is melted and incorporated, remove from the heat to avoid overcooking, which can cause a gritty texture.