



# UCOOK

## Baby Marrow & Beef Mince Pasta Bake

with pecan nuts & a fresh salad

Get ready to hear a lot of, "What smells so good?" when you make this recipe for guests. These aromas will come from a caramelised onion & beef mince mix, which have been embraced in a homemade, decadently rich roux. Topped with a layer of golden-baked mozzarella & cheddar mix and sided with a fresh, nutty salad for balance and crunch. No wonder it's a fan favourite!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Fan Faves

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 Waterford Estate | Waterford Rose-Mary 2022

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## Ingredients & Prep

125g	Penne Pasta
1	Onion <i>½ peeled &amp; roughly chopped</i>
150g	Free-range Beef Mince
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU One For All Rub
15ml	Cake Flour
100ml	Fresh Cream
50g	Ricotta
100g	Baby Marrow <i>rinsed, trimmed &amp; cut into thin rounds</i>
20g	Grated Mozzarella & Cheddar Cheese
20g	Salad Leaves <i>rinsed</i>
10g	Pecan Nuts

## From Your Kitchen

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

**1. BUBBLE BUBBLE** Preheat the oven to 200°C. Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 7-8 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

**2. MINCE MIX** Place a pan over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 5-6 minutes until browned, shifting occasionally. In the final minute, add the grated garlic and the NOMU rub. Fry for 1 minute until fragrant, shifting constantly. Remove from the pan, season, and set aside.

**3. SAUCY SAUCE** Return the pan to a medium heat with 20g of butter. When melted, add the flour and stir to combine. Fry for 1-2 minutes, shifting constantly. Remove the pan from the heat and gradually stir in the cream, making sure there are no lumps. Loosen with the reserved pasta water until the desired consistency. Return to the heat and bring to a simmer. Add the ricotta, the cooked mince mix, the baby marrow rounds, and the cooked pasta. Season and remove from the heat.

**4. OOOZY CHEESE** Place the pasta mix in a small ovenproof dish. Sprinkle over the grated cheese and pop in the hot oven. Bake for 8-10 minutes until the cheese is melted and golden. In a salad bowl, combine the rinsed salad leaves, ¾ of the pecans, a drizzle of olive oil, and seasoning.

**5. PASTA PERFECTION!** Sprinkle the remaining pecans over the baked pasta. Side with the nutty salad and dive in, Chef!



## Chef's Tip

If you would like to toast your pecan nuts, place them in a pan over medium-high heat. Toast for 3-5 minutes until golden.

## Nutritional Information

Per 100g

Energy	939kJ
Energy	224kcal
Protein	8.9g
Carbs	18g
of which sugars	2.2g
Fibre	1.3g
Fat	12.9g
of which saturated	6.2g
Sodium	91mg

## Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook  
within 3  
Days