

Eat Within 4 Days

# QCOOK

## Beef Arrabbiata Pasta

**with olives & Italian-style cheese**

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 591kJ | 2705kJ |
| Energy | 141kcal | 647kcal |
| Protein | 11.9g | 54.4g |
| Carbs | 12g | 54g |
| of which sugars | 2.6g | 12g |
| Fibre | 1.6g | 7.3g |
| Fat | 3.3g | 15.1g |
| of which saturated | 1.1g | 5g |
| Sodium | 176mg | 804mg |

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

**Spice Level:** Hot

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 75g | 150g | Tagliatelle Pasta |
| 150g | 300g | Beef Schnitzel (without crumb) |
| 10ml | 20ml | Chilli NOMU Rub *(7.5ml [15ml] NOMU Rub & 2.5ml [5ml] Chilli Flakes)* |
| 1 | 2 | Spring Onion/s *trim, rinse & roughly slice* |
| 150ml | 300ml | Tomato Passata |
| 30g | 60g | Pitted Kalamata Olives *drain* |
| 40ml | 80ml | Grated Italian-style Hard Cheese |
| 3g | 5g | Fresh Parsley *rinse & roughly chop* |
| 1 | 1 | Fresh Chilli *rinse, deseed & roughly chop* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel
Sugar/Sweetener/Honey

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water and toss through a drizzle of olive oil.

2. BEEF Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel, roughly cut into strips, and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. ALL TOGETHER Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 2-3 minutes. Add the chilli NOMU rub and fry until fragrant, 30-60 seconds. Mix in the tomato passata and 100ml [200ml] of the reserved pasta water. Simmer until thickened, 6-8 minutes. Remove from the heat, mix in the olives, beef strips, sweetener (to taste), pasta, and seasoning. Loosen with a splash of water if it's too thick.

4. TIME TO DINE Bowl up the beef arrabbiata pasta and top it with a sprinkle of cheese. Garnish with parsley and chilli (to taste). Enjoy, Chef!

**Chef's Tip** Arrabbiata means "angry" in Italian, referring to the fiery chilli heat!