



UCCOOK

Harissa Lamb Pasta

with charred patty pans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	586.6kJ	4144.9kJ
Energy	140.1kcal	990.3kcal
Protein	8.1g	57g
Carbs	13g	88.4g
of which sugars	3.7g	25.9g
Fibre	1.6g	11.7g
Fat	5.3g	37.5g
of which saturated	1.9g	13.6g
Sodium	180.4mg	1274.6mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Tagliatelle Pasta
120g	240g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
40ml	80ml	Low Fat Plain Yoghurt
15ml	30ml	Lemon Juice
150g	300g	Free-range Lamb Mince
20ml	40ml	Pesto Princess Harissa Paste
1 unit	1 unit	UCOOK Napoletana Sauce

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (salt & pepper)

Water

1. **PERFECT PASTA** 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. **CHARRED VEG & ZESTY YOGHURT** Place a pan over medium heat with a drizzle of oil. When hot, fry the patty pans until charred, 3-4 minutes. Remove from the pan and season. In a bowl, combine the yoghurt with the lemon juice (to taste) and seasoning. Set aside.

3. **NAPOLETANA MINCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Mix through the harissa paste and fry until fragrant, 1-2 minutes. Add ½ [all] the Napoletana sauce and allow to heat through, 4-5 minutes. Add the pasta, patty pans and seasoning.

4. **GRAB A BOWL** Bowl up the saucy harissa lamb pasta and dollop over the tangy yoghurt.