



UCCOOK

Harissa Beef Chilli & Pasta

with charred baby marrow

Al dente strands of tagliatelle pasta soaks up the rich Italian flavours of a Napoletana sauce. Dotted with charred baby marrow rounds, infused with Pesto Princess Harissa Paste, and elevated with a lemony yoghurt drizzle, these all work together to make the browned beef mince shine.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Jemimah Smith

Quick & Easy

Deetlefs Wine Estate | Deetlefs Stonecross
Shiraz

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Ingredients & Prep

250g	Tagliatelle Pasta
200g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
80ml	Low Fat Plain Yoghurt
30ml	Lemon Juice
300g	Free-range Beef Mince
40ml	Pesto Princess Harissa Paste
1 unit	UCOOK Neapolitana Sauce

From Your Kitchen

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

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 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 baby marrow pieces 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, 4-5 minutes (shifting occasionally). Mix through the harissa paste and fry until fragrant, 1-2 minutes. Add the Neapolitana sauce and allow to heat through, 4-5 minutes. Add the cooked pasta, the cooked baby marrow and season.

4. GRAB A BOWL Bowl up the saucy harissa beef chilli and dollop over the tangy yoghurt.

Nutritional Information

Per 100g

Energy	539kJ
Energy	129kcal
Protein	6.9g
Carbs	13g
of which sugars	3g
Fibre	1.4g
Fat	5.1g
of which saturated	1.8g
Sodium	177mg

Allergens

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

Eat
Within
2 Days