Eat Within 1 Day

Pork Mince & Farfalle Pasta

with sun-dried tomato, peas & grated Italian-style hard cheese

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Nitída | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	723kJ	5509kJ
Energy	173kcal	1317kcal
Protein	6.6g	50.2g
Carbs	14g	103g
of which sugars	4.5g	34.4g
Fibre	1.9g	14.5g
Fat	9.8g	74.8g
of which saturated	4.5g	34.6g
Sodium	173mg	1316mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Farfalle Pasta
75g	150g	Sliced Onion
150g	300g	Pork Mince
5ml	10ml	NOMU Spanish Rub
1 pack	1 pack	UCOOK Napoletana Sauce
100ml	200ml	Fresh Cream
50g	100g	Peas
30g	60g	Sun-dried Tomatoes *roughly chop*
15ml	30ml	Grated Italian-style Hard Cheese
10ml	20ml	Lemon Juice

From Your Kitchen

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

1. FARFALLE FLAIR Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 12-15 minutes. Drain and toss through a drizzle of olive oil.

2. MMMINCE & CREAMY SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and onion and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the Napoletana sauce and the cream. Simmer until thickened, 4-6 minutes.

3. ADD SOME COLOUR Mix in the peas, sun-dried tomato and the pasta in the sauce. Simmer until coated, 1-2 minutes. Season.

4. AN ITALIAN FEAST Bowl up the creamy pork pasta and sprinkle over the cheese. Drizzle over the lemon juice (to taste) and dig in, Chef!