



UCOOK

Fusilli Pasta & Beef Mince

with grated cheese & baby marrow

In less than 30 minutes, your kitchen will be filled with the aromas of an Italian trattoria as you plate up a mound of al dente fusilli pasta, then generously spoon over NOMU Italian Rub-spiced mince coated in an authentic napoletana sauce. Complemented with fresh basil and grated cheese.


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Kate Gomba

Quick & Easy

 Paardenkloof Wines | Paardenkloof "The Long Road" Shiraz

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Fusili Pasta
200g	Baby Marrow Rounds
300g	Free-range Beef Mince
30ml	Spiced Rub <i>(20ml NOMU Italian Rub & 10ml Dried Chilli Flakes)</i>
2 units	UCOOK Napoletana Sauce
5g	Fresh Basil <i>rinse & pick</i>
60g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

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

1. 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 MARROW Whilst the pasta is cooking, place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow rounds until lightly golden, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. SAUCY MINCE Return the pan over a medium-high heat. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 2-3 minutes (shifting occasionally). Add the spiced rub and fry until fragrant. Mix in the napoletana sauce, the baby marrows, and ½ the picked basil. Simmer until warmed through, 3-4 minutes. Season and sprinkle over the grated cheese. Remove from the heat.

4. TIME TO EAT Plate up the pasta, spoon over the loaded cheesy mince, and garnish with the remaining basil. Easy, Chef!

Nutritional Information

Per 100g

Energy	630kJ
Energy	151kcal
Protein	7.9g
Carbs	16g
of which sugars	3g
Fibre	1.4g
Fat	6.1g
of which saturated	2.5g
Sodium	194mg

Allergens

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

Eat
Within
1 Day