



UCOOK

Cheesy Biltong Pasta

with charred corn & fresh parsley

If you love cheese, you will be more than pleased with this recipe, Chef! Mozzarella & emmental cheese are melted into a creamy, homemade bechamel sauce, which is used to cook the fresh unicorn pasta in. Featuring sweet pops of corn and salty bits of biltong. Remember to say 'cheese' when you take a selfie with this winner of a dinner.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 4 People

Chef: Serina Landman

Quick & Easy

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

160g	Corn
40ml	Cake Flour
2	Garlic Cloves <i>peel & grate</i>
20ml	NOMU Provençal Rub
400ml	Low Fat UHT Milk
400g	Fresh Unicorn Pasta
240g	Swiss-Mozzarella Mix <i>(160g Grated Mozzarella Cheese & 80g Grated Emmental Cheese)</i>
300g	Beef Biltong <i>roughly slice</i>
40ml	Lemon Juice
10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CORN Place a pot over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally).

2. CHEESY MOMENT Add the flour, the grated garlic, the NOMU rub, and 40g of butter to the pot. Fry until fragrant, 1-2 minutes. Whisk in the milk, 400ml of water, and the pasta. Simmer until the pasta is cooked to al dente, 3-4 minutes. Mix in the cheese, the sliced biltong, the charred corn, and lemon juice (to taste). Remove from the heat once the cheese is melted.

3. DINNER IS READY Bowl up the pasta and sprinkle over the chopped parsley. Cheers, Chef!



Chef's Tip

Once the cheese is melted and incorporated, remove from the heat to avoid overcooking, which can cause a gritty texture.

Nutritional Information

Per 100g

Energy	898kJ
Energy	215kcal
Protein	18.4g
Carbs	19g
of which sugars	2.1g
Fibre	1.1g
Fat	6.6g
of which saturated	3.3g
Sodium	380mg

Allergens

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

Eat
Within
3 Days