



# 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.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 3 People

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**Chef:** Serina Landman

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Quick & Easy

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Doos Wine | Doos Dry Red 3L

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### Ingredients & Prep

120g	Corn
30ml	Cake Flour
2	Garlic Cloves <i>peel &amp; grate</i>
15ml	NOMU Provençal Rub
300ml	Low Fat UHT Milk
300g	Fresh Unicorn Pasta
180g	Swiss-Mozzarella Mix <i>(120g Grated Mozzarella Cheese &amp; 60g Grated Emmental Cheese)</i>
225g	Beef Biltong <i>roughly slice</i>
30ml	Lemon Juice
8g	Fresh Parsley <i>rinse, pick &amp; 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 30g of butter to the pot. Fry until fragrant, 1-2 minutes. Whisk in the milk, 300ml 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