



# UCOOK

## Beef Mince Pasta

with paprika & fresh parsley

Creamy comfort food with tons of flavour. Beef mince is smothered in a tomato paste and paprika-spiced sauce and tossed with penne pasta - the perfect choice for serving with that delicious sauce. Prepare for seconds, Chef!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 4 People

---

**Chef:** Rhea Hsu

---

 **\*NEW Simple & Save**

---

 **Waterkloof | Peacock Cabernet Sauvignon**

---

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

## Ingredients & Prep

500g	Penne Pasta
600g	Beef Mince
2	Garlic Cloves <i>peeled &amp; grated</i>
40ml	Tomato Paste
125ml	White Wine
60ml	Cake Flour
400ml	Low Fat Fresh Milk
40ml	Ground Paprika
15g	Fresh Parsley <i>riused, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter

**1. PERFECT PASTA** Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

**2. WELL DONE, (MINCE) MATE!** Place a pan over high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Caramelise for 6-7 minutes or until browned and caramelised, shifting occasionally. Season, remove from the pan, and set aside.

**3. SILKY SAUCE** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the grated garlic, the tomato paste, and the wine. Cook for 1-2 minutes or until the wine is almost all evaporated. Add 80g of butter and the flour. Fry for 1-2 minutes, shifting constantly. Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with the reserved pasta water until the desired consistency.

**4. BRING IT ALL TOGETHER** Return the pan with the sauce to a medium-high heat and bring to a simmer. Add the paprika, the cooked pasta, ½ the browned mince, ½ the chopped parsley, a sweetener of choice (to taste), and seasoning. Mix until combined and remove from the heat.

**5. CREAMY DREAMY DINNER** Plate up the creamy paprika pasta. Sprinkle over the remaining mince and parsley. Indulge yourself, Chef!

## Nutritional Information

Per 100g

Energy	938kJ
Energy	224kcal
Protein	11g
Carbs	26g
of which sugars	2.4g
Fibre	1.6g
Fat	7.9g
of which saturated	3g
Sodium	257mg

## Allergens

Gluten, Dairy, Allium, Wheat, Alcohol

Cook  
within 3  
Days