



UCOOK

Piquánte Pepper Pesto & Beef Pasta

with bocconcini balls, fresh oregano & almonds

Baby marrow ribbons and browned beef are tossed together in a delicious dish of homemade piquánte pesto pasta. Topped with bocconcini balls and garnished with fresh oregano.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hannah Reid

 Adventurous Foodie

 Stellenzicht | Thunderstone Rosé

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

Ingredients & Prep

125g	Spaghetti
75g	Piquante Peppers <i>drained & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Almonds <i>finely chopped</i>
20ml	Grated Italian-style Hard Cheese
150g	Free-range Beef Rump Strips
100g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
2	Bocconcini Balls <i>drained</i>
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender (optional)
Paper Towel

1. A POT OF PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, toss through a drizzle of olive oil, and return to the pot.

2. PIQUANTE PESTO Place the chopped piquante peppers, ¼ of the grated garlic (to taste), and the chopped almonds on a chopping board. Finely chop all the ingredients together, until combined into a chunky paste. Alternatively, use a blender if you have one. Place in a bowl and combine with 40ml of olive oil, seasoning, and the grated cheese.

3. BROWNED BEEF Place a pan over a medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, fry the beef until browned, 1-2 minutes (shifting occasionally). Season.

4. ALL TOGETHER NOW Toss the homemade pesto, the baby marrow ribbons, and the cooked beef through the pot of cooked pasta. Loosen with the pasta water. Season.

5. GREAT WORK! Dish up the piquante pesto pasta. Tear over the drained bocconcini balls and garnish with the chopped oregano. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	865kJ
Energy	205kcal
Protein	12.4g
Carbs	22g
of which sugars	4.1g
Fibre	1.7g
Fat	5.4g
of which saturated	2g
Sodium	72mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days