



UCOOK

Beef Meatballs & UCOOK Napoletana Sauce

with fresh basil & Italian-style hard
cheese

Stomach growling, Chef? Put down the bread and spread, because we'll show you it's possible to make a tantalising and tasty meal in under 20 minutes. A steaming bowl of al dente spaghetti pasta, adorned with browned beef meatballs and covered in a rich Neapolitan sauce will soon be your dinner reality. Now stop reading and start cooking!


Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

 Domaine Des Dieux | Sangiovese 2017

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Ingredients & Prep

| | |
|--------|---------------------------------------|
| 125g | Spaghetti |
| 4 | Free-range Beef Meatballs |
| 1 unit | UCOOK Napoletana Sauce |
| 30ml | Grated Italian-style Hard Cheese |
| 3g | Fresh Basil |
| | <i>rinse, pick & roughly tear</i> |

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. MEATBALLING AROUND While the pasta is cooking, place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Add the Napoletana sauce and simmer until heated through, 2-3 minutes. Remove from the pan.

3. PLATE UP Bowl up the pasta. Top with the saucy meatballs. Scatter over the cheese and garnish with the torn basil.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 785kj |
| Energy | 188kcal |
| Protein | 10.1g |
| Carbs | 19g |
| of which sugars | 3.1g |
| Fibre | 1.4g |
| Fat | 7.6g |
| of which saturated | 2.9g |
| Sodium | 170mg |

Allergens

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

Eat
Within
2 Days