



UCCOOK

Rich Beef Penne Pasta

with UCCOOK Napoletana sauce

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	545kJ	3188kJ
Energy	130kcal	762kcal
Protein	10.3g	60g
Carbs	18g	107g
of which sugars	4.2g	24.5g
Fibre	2g	11.4g
Fat	2.4g	14.2g
of which saturated	0.7g	4.3g
Sodium	183mg	1069mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Penne Pasta
150g	300g	Beef Strips
5ml	10ml	Dried Oregano
1 unit	1 unit	UCOOK Neapolitana Sauce
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
40g	80g	Spinach <i>rinse</i>
30ml	60ml	Grated Italian-style Hard Cheese
2,5ml	5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. A PENNE FOR YOUR THOUGHTS Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve a cup of the pasta water, and toss through a drizzle of olive oil.

2. NAPOLETANA BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel and cut into bite-sized pieces. When hot, fry until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil. Add the oregano and ½ [all] the napoletana sauce, a splash of the reserved pasta water, a sweetener (to taste) and the sun-dried tomatoes. Stir until combined and warmed through, 5-6 minutes. Remove from the heat and mix through the spinach and the beef. Add a sweetener (to taste) and season.

3. FLAVOURFUL FORKFULS Bowl up the pasta and top with the napoletana beef. Scatter over the cheese and the chilli flakes (to taste).