



WCOOK

Lamb Mince Penne Pasta

with sun-dried tomato, peas & grated Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	742kJ	5570kJ
Energy	177kcal	1332kcal
Protein	8.4g	62.7g
Carbs	16g	121g
of which sugars	4.3g	32.6g
Fibre	1.8g	13.7g
Fat	9.3g	70.1g
of which saturated	4.6g	34.5g
Sodium	169mg	1271mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Penne Pasta
225g	300g	Sliced Onion
450g	600g	Free-range Lamb Mince
15ml	20ml	Nomu Does Everything
2	2	UCOOK Neapolitana Sauce
300ml	400ml	Fresh Cream
150g	200g	Peas
60g	80g	Sun-dried Tomatoes
45ml	60ml	Grated Italian-style Hard Cheese
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. AN ITALIAN STAPLE Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. MMMINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and onion and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Mix in the Neapolitana sauce and the cream. Simmer until thickened and reduced, 10-12 minutes.

3. ADD SOME COLOUR Mix in the peas, sun-dried tomato and the pasta into the sauce. Simmer until coated, 2-3 minutes. Season.

4. CHE BONTA! Bowl up the creamy lamb pasta and sprinkle over the cheese. Drizzle over the lemon juice (to taste) and dig in, Chef!