



Eat Within 1 Day

UCCOOK

Italian Pork Mince Pasta

with fresh parsley & **NOMU** Italian Rub

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Nitída | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	776kJ	4254kJ
Energy	186kcal	1017kcal
Protein	9.2g	50.7g
Carbs	18g	99g
of which sugars	2.8g	15.4g
Fibre	1.5g	8.3g
Fat	8.2g	44.9g
of which saturated	3.4g	18.5g
Sodium	175mg	1126mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Fusili Pasta
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
450g	600g	Pork Mince
22,5ml	30ml	NOMU Italian Rub
300g	400g	Cooked Chopped Tomato
120g	160g	Grated Mozzarella & Cheddar Cheese
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (Salt & Pepper)

1. START THE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 2 cups of pasta water, and toss through a drizzle of olive oil.

2. THE MAIN EVENT Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned and caramelised, 6-7 minutes (shifting occasionally). In the final minute, add the NOMU rub, the cooked chopped tomato and 300ml **[400ml]** of the pasta water. Simmer until slightly reduced, 7-8 minutes. Add a sweetener (to taste) and seasoning. Toss through the cooked pasta.

3. MELTY & CHEESY Reduce the heat to low and sprinkle the cheese over the pasta and sauce. Cover until melted, 1-3 minutes.

4. TIME TO DINE Plate up the cheesy mince pasta and sprinkle over the parsley. As simple as that!