

UCCOOK

Hot & Spicy Beef Arrabiata Pasta

with Kalamata olives, chilli flakes & Italian-style hard cheese

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	537kJ	3031kJ
Energy	128kcal	725kcal
Protein	9.8g	55.1g
Carbs	14.1g	79.7g
of which sugars	2.9g	16.6g
Fibre	1.7g	9.6g
Fat	2.1g	12g
of which saturated	0.6g	3.6g
Sodium	175mg	990mg

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

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Tagliatelle Pasta
150g	300g	Beef Strips
75g	150g	Sliced Onions
10ml	20ml	Chilli NOMU Rub <i>(7,5ml [15ml] NOMU Indian Rub & 2,5ml [5ml] Dried Chilli Flakes)</i>
200g	400g	Cooked Chopped Tomato
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>
20ml	40ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. PASTA & BEEF Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water and toss through a drizzle of olive oil. Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel. Fry the beef strips until browned, 1-2 minutes per side. Remove from the pan, season, and set aside.

2. TOMATO SAUCE WITH A KICK Return the pan to medium-high heat with a drizzle of oil. Fry the onions until soft, 3-4 minutes (shifting occasionally). Add the chilli NOMU rub and fry until fragrant, 30 - 60 seconds (shifting constantly). Add the cooked chopped tomato and 100ml [200ml] of the reserved pasta water. Simmer until slightly reduced and thickened, 10-12 minutes (shifting occasionally).

3. IT'S BETTER TOGETHER When the sauce is done, add a sweetener (to taste) and season. Toss the cooked pasta, olives and browned beef through the sauce.

4. PERFECT PASTA! Bowl up a generous helping of the Arrabiata pasta. Sprinkle over the basil and the cheese. Great job, Chef!