



UCOOK

Simple Lamb Mince Pasta

with bocconcini balls & fresh basil

The Italian saying, 'Simplicity is the ultimate sophistication', sums this dish up perfectly, Chef! Al dente rigatoni pasta, rich lamb mince, and earthy spinach are coated in a tangy and tantalising UCOOK Napoletana Sauce. The perfect plate is finished with creamy bocconcini cheese and peppery fresh basil.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Suné van Zyl

Quick & Easy

Neil Ellis Wines | Neil Ellis Groenekloof Syrah
2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Rigatoni Pasta
300g	Free-range Lamb Mince
1 unit	UCOOK Napoletana Sauce
40g	Spinach <i>rinse</i>
6	Bocconcini Balls <i>cut in half</i>
5g	Fresh Basil <i>rinse & roughly tear</i>

From Your Kitchen

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

1. PERFECT PASTA Boil a full kettle. Using the freshly boiled water, bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving a cup of water, and toss through a drizzle of olive oil.

2. MOUTHWATERING MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

3. NOW FOR THE NAPOLETANA Add the napoletana sauce and a splash of the reserved pasta water. Stir until combined and warmed through, 6-8 minutes. Remove from the heat and mix through the rinsed spinach. Add a sweetener (to taste), and season.

4. ITALY ON A PLATE Bowl up the pasta and top with the napoletana mince. Scatter over the halved bocconcini balls and garnish with the torn basil.

Nutritional Information

Per 100g

Energy	776kj
Energy	185kcal
Protein	11g
Carbs	20g
of which sugars	3.6g
Fibre	1.7g
Fat	7.2g
of which saturated	3.2g
Sodium	165mg

Allergens

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

Eat
Within
2 Days