



UCCOOK

Creamy Paprika Beef Meatball Spaghetti

with grated Italian-style cheese

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Danél Lourens

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	621kJ	4820kJ
Energy	149kcal	1153kcal
Protein	7.2g	55.8g
Carbs	12g	93g
of which sugars	2.8g	22g
Fibre	1.5g	11.9g
Fat	8.2g	63.6g
of which saturated	3.6g	27.6g
Sodium	124mg	960mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Spaghetti
12	16	Beef Meatballs
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	NOMU Rub Mix <i>(22,5ml [30ml] NOMU Spanish Rub & 22,5ml [30ml] NOMU Italian Rub)</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
150ml	200ml	Fresh Cream
75ml	100ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

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

2. MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 6-8 minutes, shifting as they colour. Remove from the pan.

3. SAUCE Return the pan to medium heat with a drizzle of oil, if necessary. Fry the onions and the peppers until lightly golden, 6-8 minutes (shifting occasionally). Add the garlic and the NOMU rub mix, and fry until fragrant, 1-2 minutes. Mix in the cream, the meatballs, the sun-dried tomatoes, and 300ml [400ml] of the reserved pasta water. Gently simmer until slightly thickened, 10-12 minutes. In the final 3-4 minutes, mix in the pasta, and cook until combined. Loosen with a splash of water if it's too thick. Remove from the heat and season.

4. DINNER IS READY Bowl up the loaded pasta and meatballs. Sprinkle over the cheese and garnish with the parsley. Dig in, Chef!