



UCOOK

Beef Mince Pasta

with paprika & fresh parsley

Creamy comfort food with tons of flavour. Beef mince is smothered in a tomato paste and paprika-spiced sauce and tossed with penne pasta - the perfect choice for serving with that delicious sauce. Prepare for seconds, Chef!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Waterkloof | Peacock Cabernet Sauvignon**

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Ingredients & Prep

125g	Penne Pasta
150g	Beef Mince
1	Garlic Clove <i>peeled & grated</i>
10ml	Tomato Paste
30ml	White Wine
15ml	Cake Flour
100ml	Low Fat Fresh Milk
10ml	Ground Paprika
4g	Fresh Parsley <i>riused, picked & roughly chopped</i>

From Your Kitchen

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

1. PERFECT PASTA Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

2. WELL DONE, (MINCE) MATE! Place a pan over high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Caramelise for 4-5 minutes or until browned and caramelised, shifting occasionally. Season, remove from the pan, and set aside.

3. SILKY SAUCE Return the pan to a medium-high heat with a drizzle of oil. When hot, add the grated garlic, the tomato paste, and the wine. Cook for 1-2 minutes or until the wine is almost all evaporated. Add 20g of butter and the flour. Fry for 1-2 minutes, shifting constantly. Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with the reserved pasta water until the desired consistency.

4. BRING IT ALL TOGETHER Return the pan with the sauce to a medium-high heat and bring to a simmer. Add the paprika, the cooked pasta, ½ the browned mince, ½ the chopped parsley, a sweetener of choice (to taste), and seasoning. Mix until combined and remove from the heat.

5. CREAMY DREAMY DINNER Plate up the creamy paprika pasta. Sprinkle over the remaining mince and parsley. Indulge yourself, Chef!

Nutritional Information

Per 100g

Energy	938kJ
Energy	224kcal
Protein	11g
Carbs	26g
of which sugars	2.4g
Fibre	1.6g
Fat	7.9g
of which saturated	3g
Sodium	257mg

Allergens

Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 3
Days