



UCOOK

Bocconcini & Beef Orecchiette

with sun-dried tomato & basil pesto

Beautiful orecchiette pasta is tossed with Pesto Princess Basil & Lemon Pesto and sun-dried tomatoes. It is topped with juicy beef rump slices and creamy bocconcini balls. A super easy and truly tasty dinner delight!


Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

| | |
|-------|------------------------------------|
| 125g | Orecchiette Pasta |
| 4g | Fresh Basil |
| 20g | Sun-dried Tomatoes |
| 2 | Bocconcini Balls |
| 160g | Free-range Beef Rump |
| 7,5ml | NOMU Provençal Rub |
| 20ml | Pesto Princess Basil & Lemon Pesto |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. HASTA LA 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 on completion, reserving a cup of pasta water, and return to the pot. Toss through some olive oil to prevent sticking.

2. PREP STEP While the pasta is boiling, rinse the basil. Pick the basil leaves and roughly tear. Drain and roughly chop the sun-dried tomatoes. Drain and quarter the bocconcini.

3. BASTE THE STEAK Place a pan over a medium-high heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan on completion, reserving any pan juices, and allow to rest for 5 minutes before slicing. Lightly season the slices.

4. TOSS UP To the pot of cooked pasta, add the pesto, the chopped sun-dried tomatoes, a generous drizzle of olive oil, and ½ the torn basil leaves. Toss until fully coated. Add a splash of pasta water to loosen the sauce, if necessary. Season to taste.

5. DIVINE, LET'S DINE! Plate up the loaded pasta. Top with the quartered bocconcini balls, the steak slices and any pan juices. Sprinkle over the remaining basil. Beautiful, Chef!



Chef's Tip

Cooking pasta in salted water allows it to absorb the salt, enhancing its flavour, because the salt is dispersed throughout the dish and not just on the surface of the pasta, so you get a better end result!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 1080kj |
| Energy | 258Kcal |
| Protein | 16g |
| Carbs | 26g |
| of which sugars | 2.3g |
| Fibre | 1.7g |
| Fat | 7.3g |
| of which saturated | 3.3g |
| Sodium | 128mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days