

# QCOOK

## Fiery Beef Arrabiata Pasta

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

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

### Nutritional Info

	Per 100g	Per Portion
Energy	538kJ	3032kJ
Energy	129kcal	725kcal
Protein	9.8g	55.1g
Carbs	14g	80g
of which sugars	2.9g	16.6g
Fibre	1.7g	9.6g
Fat	2.1g	12g
of which saturated	0.6g	3.6g
Sodium	176mg	990mg

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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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 &amp; 2,5ml [5ml] Dried Chilli Flakes)</i>
200g	400g	Cooked Chopped Tomato
20g	40g	Pitted Kalamata Olives <i>drain &amp; halve</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
20ml	40ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

**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 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 seconds - 1 minute (shifting constantly). Add the cooked chopped tomato. Reduce the heat to medium and simmer until slightly reduced and thickened, 3-4 minutes.

**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 parsley and the cheese. Great job, Chef!