



UCOOK

Cheesy Macaroni & Beef Bake

with fresh basil

The saying, 'What you see is what you get' sums up this recipe, because this dish tastes as delicious as it looks, Chef! Grab your fork and break through the golden, crispy layer of mozzarella, Italian-style hard cheese & panko breadcrumbs to reach the al dente macaroni pasta, and tomato & NOMU Italian Rub-spiced beef mince, dotted with pieces of celery, carrot & onion.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

Fan Faves

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Ingredients & Prep

100g	Macaroni Pasta
1	Onion <i>peel & roughly dice ½</i>
1	Celery Stalk <i>rinse & roughly slice</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Garlic Clove <i>peel & grate</i>
15ml	NOMU Italian Rub
150g	Free-range Beef Mince
100g	Cooked Chopped Tomato
50g	Grated Mozzarella Cheese
30ml	Grated Italian-style Hard Cheese
20ml	Panko Breadcrumbs
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. MAKE THE MACARONI Preheat the oven to 220°C. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. LET THE FLAVOURS FILL YOUR KITCHEN Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion, the sliced celery, and the carrot pieces until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub, and fry until fragrant, 1-2 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Season.

3. TOMATO & CHEESE Stir in the cooked chopped tomato and 100ml of water. Simmer until slightly reduced, 6-8 minutes. At the halfway mark, add a sweetener. Remove from the heat. Add the cooked pasta and ½ the mozzarella, and place in an ovenproof dish.

4. BAKE UNTIL BUBBLING Top the cheesy-tomato-mince-pasta with the remaining mozzarella, the Italian-style hard cheese, and the panko breadcrumbs. Bake in the hot oven until the cheese is golden and bubbling, 10-15 minutes.

5. IT'S PASTA NIGHT! Plate up the cheesy beef pasta and scatter over the torn basil.

Nutritional Information

Per 100g

Energy	502kj
Energy	120kcal
Protein	8.3g
Carbs	17g
of which sugars	2.6g
Fibre	1.8g
Fat	6.5g
of which saturated	2.7g
Sodium	135mg

Allergens

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

Eat
Within
3 Days