



UCOOK

Beef Mince Pasta

with paprika & fresh parsley

Creamy comfort food with tons of flavour. Beef mince is smothered in a silky tomato & paprika sauce and tossed with macaroni pasta. Prepare for seconds!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

125g	Macaroni
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
3g	Fresh Parsley <i>rinsed, 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 a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. BROWN THE MINCE Place a pan, large enough for the pasta, over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SILKY SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, add the grated garlic, the tomato paste, and the wine. Cook until the wine is almost all evaporated, 1-2 minutes. 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 medium-high heat and bring to a simmer. Mix through the paprika, the cooked pasta, ½ the browned mince, ½ the chopped parsley, a sweetener, and seasoning. 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	940kJ
Energy	225kcal
Protein	11g
Carbs	26g
of which sugars	2.4g
Fibre	1.6g
Fat	7.9g
of which saturated	3g
Sodium	105mg

Allergens

Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 3
Days