



# UCCOOK

## Harissa Beef Chilli & Pasta

**with charred baby marrow**

Al dente strands of tagliatelle pasta soaks up the rich Italian flavours of a Napoletana sauce. Dotted with charred baby marrow rounds, infused with Pesto Princess Harissa Paste, and elevated with a lemony yoghurt drizzle, these all work together to make the browned beef mince shine.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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Quick & Easy

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Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

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## Ingredients & Prep

|        |                                                                   |
|--------|-------------------------------------------------------------------|
| 125g   | Tagliatelle Pasta                                                 |
| 100g   | Baby Marrow<br><i>rinse, trim &amp; cut into 1cm thick rounds</i> |
| 40ml   | Low Fat Plain Yoghurt                                             |
| 15ml   | Lemon Juice                                                       |
| 150g   | Free-range Beef Mince                                             |
| 20ml   | Pesto Princess Harissa Paste                                      |
| 1 unit | UCOOK Neapolitana Sauce                                           |

## From Your Kitchen

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

**1. PERFECT PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain and toss through a drizzle of olive oil.

**2. CHARRED VEG & ZESTY YOGHURT** Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season. In a bowl, combine the yoghurt with the lemon juice (to taste) and seasoning. Set aside.

**3. NAPOLETANA MINCE** Return the pan to 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). Mix through the harissa paste and fry until fragrant, 1-2 minutes. Add the Neapolitana sauce and allow to heat through, 4-5 minutes. Add the cooked pasta, the cooked baby marrow and season.

**4. GRAB A BOWL** Bowl up the saucy harissa beef chilli and dollop over the tangy yoghurt.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 539kJ   |
| Energy             | 129kcal |
| Protein            | 6.9g    |
| Carbs              | 13g     |
| of which sugars    | 3g      |
| Fibre              | 1.4g    |
| Fat                | 5.1g    |
| of which saturated | 1.8g    |
| Sodium             | 177mg   |

## Allergens

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

Eat  
Within  
2 Days