

# UCCOOK

## Cheesy Biltong Pasta

with charred corn & fresh parsley

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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

**Chef:** Serina Landman

**Wine Pairing:** Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	763kJ	4769kJ
Energy	182kcal	1141kcal
Protein	13.5g	84.3g
Carbs	19g	118g
of which sugars	2.6g	16g
Fibre	1.8g	11.2g
Fat	5.8g	36.4g
of which saturated	3g	18.9g
Sodium	255mg	1593mg

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

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100g	200g	Gnocchi Shell Pasta
40g	80g	Corn
10ml	20ml	Cake Flour
1	1	Garlic Clove <i>peel &amp; grate</i>
5ml	10ml	NOMU One For All Rub
100ml	200ml	Low Fat UHT Milk
40g	80g	Cheddar Cheese <i>grate</i>
40g	80g	Grated Emmental Cheese
75g	150g	Beef Biltong <i>roughly slice</i>
1	1	Lemon <i>rinse &amp; cut into wedges</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Butter

- 1. A GNOCCHI-OUT MEAL** 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.
- 2. CORN** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHEESY MOMENT** Add the flour, the garlic, the NOMU rub, and 10g [20g] of butter to the pot. Fry until fragrant, 1-2 minutes. Slowly whisk in the milk until the sauce thickens slightly. Mix in the cheese, biltong, corn, a squeeze of lemon juice (to taste), and the pasta. Remove from the heat once the cheese is melted.
- 4. DINNER IS READY** Bowl up the pasta and sprinkle over the parsley. Cheers, Chef!