



UCCOOK

Fiery Beef Arrabiata Pasta

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

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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:

Serves 3	[Serves 4]	
300g	400g	Tagliatelle Pasta
450g	600g	Beef Strips
225g	300g	Sliced Onions
30ml	40ml	Chilli NOMU Rub <i>(22,5ml [30ml] NOMU Indian Rub & 7,5ml [10ml] Dried Chilli Flakes)</i>
600g	800g	Cooked Chopped Tomato
60g	80g	Pitted Kalamata Olives <i>drain & halve</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
60ml	80ml	Grated Italian-style Hard Cheese

From Your Kitchen

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, 4-5 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 grated cheese. Great job, Chef!