



# UCCOOK

## Spiced Beef Tagliatelle

with mushrooms, bell pepper & toasted almonds

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Creation Wines | Creation Pinot Noir

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 608.6kJ   | 5125.7kJ    |
| Energy             | 145.5kcal | 1225.7kcal  |
| Protein            | 6.1g      | 51.3g       |
| Carbs              | 12.9g     | 109g        |
| of which sugars    | 2.6g      | 22g         |
| Fibre              | 1.9g      | 15.8g       |
| Fat                | 6.3g      | 53.1g       |
| of which saturated | 2.5g      | 20.7g       |
| Sodium             | 155.3mg   | 1307.9mg    |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                         |
|----------|------------|-----------------------------------------------------------------------------------------|
| 30g      | 40g        | Almonds<br><i>roughly chop</i>                                                          |
| 450g     | 600g       | Beef Mince                                                                              |
| 375g     | 500g       | Tagliatelle Pasta                                                                       |
| 190g     | 250g       | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i>                               |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>                                          |
| 2        | 2          | Bell Peppers<br><i>rinse, deseed &amp; dice 1½ [2]</i>                                  |
| 15ml     | 20ml       | Cornflour                                                                               |
| 45ml     | 60ml       | Seasoned Stock<br><i>(30ml [40ml] NOMU Italian Rub &amp; 15ml [20ml] Chicken Stock)</i> |
| 60g      | 80g        | Spinach<br><i>rinse &amp; roughly shred</i>                                             |
| 140ml    | 180ml      | Mustard Crème<br><i>(125ml [160ml] Crème Fraîche &amp; 15ml [20ml] Dijon Mustard)</i>   |
| 45ml     | 60ml       | Lemon Juice                                                                             |
| 8g       | 10g        | Fresh Dill<br><i>rinse, pick &amp; roughly chop</i>                                     |

## From Your Kitchen

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

**1. TOAST** Bring a pot of salted water to a boil for the pasta. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. PASTA** Once the water is boiling, add the pasta and cook until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**3. CARAMELISED 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, 4-5 minutes (shifting occasionally).

**4. VEGGIE MEDLEY** Add the mushrooms, the onion, and the pepper to the pan with the mince, and fry until turning golden, 6-7 minutes (shifting occasionally). Add the cornflour and the stock. Fry until fragrant, 1-2 minutes. Mix in 450ml [600ml] of water. Simmer until thickening and slightly reduced, 8-10 minutes. In the final minute, mix in the spinach. Remove from the heat, mix in the mustard crème, the lemon juice (to taste) and season.

**5. DINNER IS READY** Make a bed of the pasta, pour over the creamy mince, sprinkle over the almonds, and garnish with the dill. Well done, Chef!

**Chef's Tip** Cooking pasta in salted water enhances its flavour by allowing the salt to absorb throughout, not just on the surface.