



# UCOOK

## Spiced Beef Tagliatelle

with mushrooms, bell pepper & toasted almonds

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**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 1 [Serves 2]

10g	20g	Almonds <i>roughly chop</i>
125g	250g	Tagliatelle Pasta
150g	300g	Beef Mince
65g	125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed &amp; dice ½ [1]</i>
5ml	10ml	Cornflour
15ml	30ml	Seasoned Stock <i>(10ml [20ml] NOMU Italian Rub &amp; 5ml [10ml] Chicken Stock)</i>
20g	40g	Spinach <i>rinse &amp; roughly shred</i>
45ml	90ml	Mustard Crème <i>(40ml [80ml] Crème Fraîche &amp; 5ml [10ml] Dijon Mustard)</i>
15ml	30ml	Lemon Juice
3g	5g	Fresh Dill <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, 3-4 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, 5-6 minutes (shifting occasionally). Add the cornflour and the stock. Fry until fragrant, 1-2 minutes. Mix in 150ml [300ml] of water. Simmer until thickening and slightly reduced, 6-8 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.