



# UCOOK

## Simple Lamb Mince Pasta

with bocconcini balls & fresh basil

The Italian saying, 'Simplicity is the ultimate sophistication', sums this dish up perfectly, Chef! Al dente rigatoni pasta, rich lamb mince, and earthy spinach are coated in a tangy and tantalising UCOOK Napoletana Sauce. The perfect plate is finished with creamy bocconcini cheese and peppery fresh basil.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

---

**Serves:** 1 Person

---

**Chef:** Suné van Zyl

---

Quick & Easy

---

Neil Ellis Wines | Neil Ellis Groenekloof Syrah  
2021

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|        |                                                |
|--------|------------------------------------------------|
| 125g   | Rigatoni Pasta                                 |
| 150g   | Free-range Lamb Mince                          |
| 1 unit | UCOOK Napoletana Sauce                         |
| 20g    | Spinach<br><i>rinse</i>                        |
| 3      | Bocconcini Balls<br><i>cut in half</i>         |
| 3g     | Fresh Basil<br><i>rinse &amp; roughly tear</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. PERFECT PASTA** Boil a full kettle. Using the freshly boiled water, bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving a cup of water, and toss through a drizzle of olive oil.

**2. MOUTHWATERING MINCE** Place a pan over 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).

**3. NOW FOR THE NAPOLETANA** Add the napoletana sauce and a splash of the reserved pasta water. Stir until combined and warmed through, 6-8 minutes. Remove from the heat and mix through the rinsed spinach. Add a sweetener (to taste), and season.

**4. ITALY ON A PLATE** Bowl up the pasta and top with the napoletana mince. Scatter over the halved bocconcini balls and garnish with the torn basil.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 776kj   |
| Energy             | 185kcal |
| Protein            | 11g     |
| Carbs              | 20g     |
| of which sugars    | 3.6g    |
| Fibre              | 1.7g    |
| Fat                | 7.2g    |
| of which saturated | 3.2g    |
| Sodium             | 165mg   |

## Allergens

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

Eat  
Within  
2 Days