



# QCOOK

## Beef Biltong & Ruby Pasta

with baby tomatoes, Danish-style feta & a balsamic vinaigrette

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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

**Chef:** Rhea Hsu

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend Red Blend

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	749kJ	3074kJ
Energy	179kcal	736kcal
Protein	12.9g	52.9g
Carbs	21g	88g
of which sugars	2.8g	11.5g
Fibre	2.8g	11.5g
Fat	3.3g	13.4g
of which saturated	1.1g	4.5g
Sodium	298mg	1224mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100g	200g	Beetroot Tagliatelle Pasta
75g	75g	Diced Onion
80g	160g	Baby Tomatoes <i>rinse &amp; halve</i>
15ml	30ml	Balsamic Vinegar
3g	5g	Fresh Chives <i>rinse &amp; roughly slice</i>
40g	80g	Peas
5ml	10ml	NOMU Italian Rub
20g	40g	Salad Leaves <i>rinse</i>
50g	100g	Beef Biltong
20g	40g	Danish-style Feta <i>drain</i>
5g	10g	Pumpkin Seeds

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter

**1. TASTY TAGLIATELLE** Boil the kettle. Bring a pot of salted hot water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain and toss through a drizzle of olive oil.

**2. ADD MORE COLOUR** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the baby tomatoes until the onion is golden and the tomatoes are lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and place in a large bowl along with the vinegar, ½ the chives, the peas, a drizzle of olive oil, a sweetener (to taste), and seasoning. Mix until combined.

**3. BUTTERY PASTA** Return the pan to medium heat with a knob of butter. When starting to foam, add the cooked pasta and the NOMU rub, shifting until combined. Remove the pan from the heat and season.

**4. A WORLD-CLASS MEAL** Make a bed of the ruby pasta and the salad leaves. Scatter over the biltong and the balsamic tomato mix. Drizzle over any remaining balsamic dressing from the tomatoes. Crumble over the feta and sprinkle over the pumpkin seeds. Garnish with the remaining chives. Enjoy!

**Chef's Tip** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.