



UCOOK

Italian Pork Mince Pasta

with fresh parsley & **NOMU Italian Rub**

This recipe combines the rich and savoury flavours of caramelised pork mince, tomatoes & aromatic **NOMU Italian Rub**. Tossed with al dente penne pasta and topped off with a generous sprinkle of grated cheese and fresh parsley - a simple yet scrumptious meal that is sure to satisfy. Let's get cooking!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Thea Richter

Simple & Save

Laborie Estate | Laborie Merlot

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Ingredients & Prep

200g	Penne Rigate
1	Onion <i>peel & roughly dice</i>
300g	Pork Mince
15ml	NOMU Italian Rub
200g	Cooked Chopped Tomato
80g	Grated Mozzarella & Cheddar Cheese
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. PENNE FOR YOUR THOUGHTS Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.

2. THE MAIN EVENT Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned and caramelised, 4-5 minutes (shifting occasionally). In the final minute, add the NOMU rub, the cooked chopped tomato and 200ml of the pasta water. Simmer until slightly reduced, 5-6 minutes. Add a sweetener (to taste) and seasoning. Toss through the cooked pasta.

3. MELTY & CHEESY Reduce the heat to low and sprinkle the grated cheese over the pasta & sauce. Cover until melted, 1-3 minutes.

4. TIME TO DINE Plate up the cheesy mince pasta and sprinkle over the chopped parsley. As simple as that!

Nutritional Information

Per 100g

Energy	776kj
Energy	186kcal
Protein	9.2g
Carbs	18g
of which sugars	2.8g
Fibre	1.5g
Fat	8.2g
of which saturated	3.4g
Sodium	139mg

Allergens

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

Eat
Within
1 Day