

UCCOOK

Tomato Beef Mince & Cheesy Crostinis

with a basil pesto drizzle

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	703kJ	4216kJ
Energy	168kcal	1008kcal
Protein	8.7g	52.4g
Carbs	13g	76g
of which sugars	2.4g	14.3g
Fibre	2.1g	12.5g
Fat	8.8g	52.6g
of which saturated	3.2g	19g
Sodium	326mg	1955mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	75g	Diced Onion
150g	300g	Beef Mince
100ml	200ml	Tomato Passata
10ml	20ml	NOMU Italian Rub
50g	100g	Spinach <i>rinse & roughly shred</i>
60g	120g	Butter Beans <i>drain</i>
1	2	Ciabatta Roll/s
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Dried Oregano
40g	80g	Grated Mozzarella & Cheddar Cheese
20ml	40ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. LOADED MINCE Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the mince, working quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the tomato passata, 100ml [200ml] of water, the NOMU rub and seasoning. Turn down the heat and allow the mince to simmer until reduced slightly, 7-10 minutes, stirring occasionally. In the final 2-3 minutes, mix through the spinach, butter beans and a sweetener (to taste). Once the spinach has wilted, remove the pot from the heat.

2. CHEESY CROSTINIS While the mince is on the go, cut the roll/s into 2cm slices. In a bowl, combine the garlic, oregano, seasoning and oil. Spread the mixture over the bread slices. Place a pan over medium heat. Fry the garlic bread slices until golden, 2-3 minutes per side. When you flip over the bread, top it with the cheese and allow it to melt as the bread toasts. Remove the pan from the heat, leaving the toast in the pan to keep warm.

3. ADD PESTO, AND PRESTO! Bowl up the hearty mince, drizzling over the pesto. Side with the cheesy garlic bread slices for dipping. Just like that, Chef, dinner is ready!