



UCCOOK

Spanish Beef & Farfalle Pasta

with fresh parsley & Italian-style hard cheese

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	659kJ	4051kJ
Energy	157kcal	968kcal
Protein	7.8g	47.7g
Carbs	14g	88g
of which sugars	3.7g	22.6g
Fibre	1.7g	10.5g
Fat	6.3g	38.5g
of which saturated	2.2g	13.7g
Sodium	233.6mg	1436mg

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

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Farfalle Pasta
75g	150g	Sliced Onions
150g	300g	Beef Mince
10ml	20ml	Chilli NOMU Rub <i>(7,5ml [15ml] NOMU Indian Rub & 2,5ml [5ml] Dried Chilli Flakes)</i>
1 unit	1 unit	UCOOK Napoletana Sauce
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	60ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

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

2. NOMU RUB & NAPOLETANA Return the pan to medium-high heat with a drizzle of oil. Fry the onion until soft, 3-4 minutes (shifting occasionally). Add the chilli NOMU rub and the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the Napoletana sauce. Reduce the heat to medium and simmer until slightly reduced and thickened, 4-5 minutes.

3. I LOVE OLIVES When the sauce is done, add a sweetener (to taste) and season. Toss the cooked pasta and olives through the sauce.

4. ADMIRE YOUR WORK Bowl up a generous helping of the flavourful beef pasta. Sprinkle over the parsley and the cheese. Great job, Chef!