

QCOOK

Blue Cheese & Beef Pasta

with blue cheese & balsamic reduction

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	653kJ	4118kJ
Energy	156kcal	985kcal
Protein	9.6g	60.4g
Carbs	18g	115g
of which sugars	4.4g	28g
Fibre	1.6g	9.8g
Fat	4.4g	27.6g
of which saturated	2.3g	14.4g
Sodium	120mg	758mg

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

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Gnocchi Shell Pasta
5g	10g	Pine Nuts
150g	300g	Beef Schnitzel (without crumb)
10ml	20ml	NOMU Italian Rub
1	1	Onion <i>peel & finely slice ¼ [½]</i>
1	1	Garlic Clove <i>peel & grate</i>
150ml	300ml	Tomato Passata
40ml	80ml	Crème Fraîche
20g	40g	Blue Cheese
10ml	20ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Sugar/Sweetener/Honey

Butter (optional)

Water

Paper Towel

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PINING FOR PINE NUTS Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. O-YUM BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef dry with paper towel, cut into strips, coat in ½ the NOMU rub, and season. When hot, fry the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

4. TASTY TOMATO SAUCE While the pasta is on the go, return the pan to medium heat with a drizzle of oil and a knob of butter (optional), if necessary. When hot, fry the onion until caramelised, 6-8 minutes (shifting occasionally). Add the garlic, the remaining NOMU rub, and some seasoning. Fry until fragrant, 1-2 minutes. Add the tomato passata and 150ml [300ml] of water and a sweetener (to taste). Allow to reduce slightly, 12-15 minutes. Remove from the heat, mix in the beef, and the crème fraîche. Once all combined, mix in the pasta and ½ the blue cheese. Season.

5. A MEAL TO REMEMBER Bowl up the saucy pasta, and drizzle over the balsamic reduction. Top with the remaining cheese and the pine nuts. Dinner is ready, Chef!