



UCOOK

Puttanesca-style Beef Tagliatelle

with spinach & grated Italian-style cheese

How many types of pastas would you guess there are, Chef? 10? 15? What about 600?! Fortunately for you today, we will be using one of the most well-known ones: tagliatelle. These tasty Italian ribbons will be coated in a rich puttanesca sauce, with browned mince, and briny olives. Sprinkled with grated cheese, crispy chilli onions & fresh basil.


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

125g	Tagliatelle Pasta
30g	Pitted Kalamata Olives <i>drain & roughly chop</i>
3g	Fresh Basil <i>rinse, pick & roughly tear</i>
20g	Spinach <i>rinse & roughly shred</i>
150g	Free-range Beef Mince
1 unit	UCOOK Neapolitan Sauce
30ml	Grated Italian-style Hard Cheese
15ml	Crispy Chilli Onions <i>(5ml Dried Chilli Flakes & 10ml Crispy Onion Bits)</i>

From Your Kitchen

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

1. 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. While the pasta is cooking, prep the olives, the basil, and the spinach as specified in the ingredient table.

2. PUTTANESCA Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the Neapolitan sauce and simmer until warmed through and slightly reduced, 4-5 minutes. Add the chopped olives, ½ the rinsed basil, the cooked pasta, and a sweetener (to taste). Remove from the heat, season, and set aside.

3. DINNER IS READY Make a bed of the rinsed spinach and top with the puttanesca pasta. Sprinkle over the grated cheese and the crispy chilli onions. Garnish with the remaining basil. Well done, Chef!

Nutritional Information

Per 100g

Energy	743kJ
Energy	177kcal
Protein	8.4g
Carbs	16g
of which sugars	3.4g
Fibre	1.7g
Fat	7g
of which saturated	2.4g
Sodium	221mg

Allergens

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

Eat
Within
1 Day