



# UCCOOK

## Spanish Beef & Farfalle Pasta

with fresh parsley & Italian-style hard cheese

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**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 3	[Serves 4]	
300g	400g	Farfalle Pasta
225g	300g	Sliced Onions
450g	600g	Beef Mince
30ml	40ml	Chilli NOMU Rub (22,5ml [30ml] NOMU Indian Rub & 7,5ml [10ml] Dried Chilli Flakes)
2 units	2 units	UCOOK Napoletana Sauce
60g	80g	Pitted Kalamata Olives <i>drain &amp; halve</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
90ml	125ml	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, 4-5 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, 4-5 minutes (shifting occasionally). Add the Napoletana sauce. Reduce the heat to medium and simmer until slightly reduced and thickened, 5-6 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!