



# QCOOK

## One Pot Creamy Tomato Beef Pasta

with fresh parsley

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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

**Chef:** Ethan Shahim

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Cabernet Sauvignon

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 687kJ    | 3295kJ      |
| Energy             | 164kcal  | 788kcal     |
| Protein            | 11.2g    | 53.6g       |
| Carbs              | 16g      | 78g         |
| of which sugars    | 2.7g     | 13g         |
| Fibre              | 1.4g     | 6.6g        |
| Fat                | 5.5g     | 26.2g       |
| of which saturated | 2.8g     | 13.5g       |
| Sodium             | 299mg    | 1435mg      |

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 450g     | 600g       | Beef Strips  |
| 225g     | 300g       | Linguine Pasta   |
| 30ml     | 40ml       | Spice Mix  |
| 225g     | 300g       | Sliced Onion   |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>               |
| 300ml    | 400ml      | Tomato Passata   |
| 30ml     | 40ml       | Chicken Stock  |
| 150ml    | 200ml      | Fresh Cream  |
| 75ml     | 100ml      | Grated Italian-style Hard Cheese                       |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. LEKKER LINGUINE** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve 150ml [200ml] of the pasta water, and toss through a drizzle of olive oil. Dilute the stock with the reserved pasta water.

**2. ITALIAN-SPICED BEEF** Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat in the spice mix. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season. Return the pan to medium heat, with a drizzle of oil (if necessary). Fry the onion until golden and soft, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add the garlic and fry until fragrant.

**3. SUPERB STOCK** Add the tomato passata and the stock to the pan. Simmer until thickening, 12-15 minutes. Mix in the cream and pasta. Cook until combined and creamy, 4-5 minutes. In the final 1-2 minutes, mix in the beef. Remove from the heat and season.

**4. PERFECT PASTA** Bowl up the silky pasta and sprinkle over the cheese. Garnish with a sprinkle of the parsley. Just like that, dinner is served!