



CREAMY TOMATO BEEF PASTA

Serves: 4-5 | Prep Time: 10 minutes | Cooking Time: 20 minutes

INGREDIENTS
1 1/2 tbsp olive oil
2 garlic cloves, crushed
1 onion, finely chopped
500g Maleny Black Angus Beef 100% grass-fed mince
2 tsp Italian herbs (the store bought kind are fine, otherwise use a mix of dried oregano, parsley and basil)
2 tbsp tomato paste
400g tin crushed tomatoes or tomato passata
1/2 tsp red pepper flakes (or chilli flakes if you like it hot)
1 1/2 tsp cooking salt
1/2 tsp freshly ground black pepper
1 L (4 cups) chicken stock/broth
350g fusilli pasta (or penne, macaroni or elbow pasta if you prefer)
3/4 cup thickened/heavy cream
Parmesan cheese and parsley to serve





METHOD

1. Heat oil on high heat in a large, heavy-based pot.
2. Cook garlic and onion for 1 1/2 minutes.
3. Add Maleny Black Angus Beef mince and cook, breaking it up as you go, until it's all browned.
4. Add the Italian herbs and cook for 30 seconds, then add tomato paste and cook for one minute.
5. Add crushed tomato, chicken stock, salt and pepper and red pepper flakes. Stir, then add the uncooked pasta.
6. Bring the liquid to a simmer, then cook for 15 minutes, stirring every couple of minutes and then more frequently towards the end – ensuring the pasta doesn't stick to the base of the pan – until the pasta is almost cooked.
7. Add the cream, then simmer for a further 1-2 minutes. It will still be quite saucy – this is what you want for serving.
8. Remove from the stove and stir it well before ladling it into bowls.

NOTE:

Leftovers can be kept refrigerated for up to 3 days. This recipe isn't suitable for freezing.

