



6

SERVES/MAKES



COOKING TIME:
< 30 min



COOKING STYLE:
Stove

LANCEWOOD® SPICY TOMATO MINCE PASTA DISH

INGREDIENTS:

- 1 onion, chopped
- 1 clove garlic, crushed
- 500 g lean beef mince
- 410 g canned chakalaka – mild & spicy or hot & spicy
- 60 ml tomato paste
- 15 ml sugar
- 5 ml mixed herbs
- Salt & freshly ground black pepper to taste
- 150 g **LANCEWOOD® Cheddar, grated**
- 250 g pasta shells, cooked according to the instructions on the packet

To serve:

- 250 ml **LANCEWOOD® Sour Cream**
- 60 ml milk
- Fresh coriander

METHOD:

Heat the oil and fry the onion and garlic until soft. Add the mince and break up using a fork or a whisk. Brown the mince. Add the chakalaka, tomato paste, sugar, herbs and seasoning. Simmer over low heat for 5 minutes. Add to the cooked pasta shells and mix well. Add half the cheese and stir through. Spoon into a heated serving dish. In a separate bowl, mix the sour cream with a little milk to thin it down and drizzle over the pasta bake. Sprinkle the remaining cheese over and serve with fresh coriander.

PRODUCTS USED:



Sour Cream



Cheddar

ENJOY!