

ITALIAN STEW WITH PASTA ALL'UOVO

6 persons / 580 kcal per person

Ingredients:

- 2 onions
- 4 cloves of garlic
- 900 grams of Irish beef stew
- 2 tablespoons of wheat flour
- 20 grams of chilled Italian spice mix
- 3 tablespoons of traditional olive oil
- 70 grams of tomato paste
- 500 grams of vine tomatoes
- 300 ml dry white wine
- 1 lemon (scrubbed)
- 20 grams of fresh flat-leaf parsley
- 500 grams of fresh pappardelle all'uovo or tagliatelle all'uovo
- pepper and salt



Preparation:

Chop the onions and finely chop the garlic. Cut the ribs into pieces of 2 x 2 cm. In a bowl, mix the meat with pepper, the flour and salt if necessary. Wrap a good length of kitchen twine around the bunch of herbs from start to finish. Fasten with a knot. Heat 1 tablespoon of oil in a frying pan and brown half of the meat. Take out of the pan. Add another tablespoon of oil and fry the second part of the meat and remove it from the pan. Heat 1 tablespoon of oil in the pan and fry the onion and half of the finely chopped garlic over low heat for 5 minutes. Turn up the heat and add the tomato puree. Heat while stirring for 1 minute. Cut the tomatoes into cubes. Add these along with the wine, Italian herbs and meat to the tomato paste mixture. Bring to boil. Let it simmer for 3-4 hours with the lid on the pan, stir regularly. If the sauce is too thin, let it reduce on a high heat without a lid. Season with pepper and salt if desired. Grate the yellow rind of the lemon. Chop the parsley and mix with the lemon zest and the rest of the garlic. This mixture is called gremolata. Just before serving, sprinkle the meat with the gremolata. Cook the fresh pasta according to the description on the package.

Nutritional value per person:

Energy:	580 kcal
Protein:	41.8 grams
Carbohydrates:	53.9 grams
- including sugars:	8.0 grams
Fat:	16.8 grams
Fiber:	4.7 grams
Salt:	1.3 grams