

# SCHÄR

## FUSILLI WITH MEAT SAUCE

Ingredients: 400 g (13 oz) **Schär gluten-free Fusilli**, 500 g (1 lb 2 oz) ripe tomatoes (or tinned tomatoes), 200 g (7 oz) sirloin of beef, 4 tablespoonsful olive oil, 1 teaspoonful meat extract, 1 small bunch basil, 1 clove garlic, 50 g (1 1/2 oz) grated parmesan cheese, salt, pepper.

Preparation: Cut the meat into tiny cubes. Crush the clove of garlic and fry in a saucepan with the olive oil. Remove when golden and add the pieces of meat. Brown well on all sides and add the tomatoes, after peeling and squeezing gently by hand to remove the excess water and seeds. Boil for a short time, then add half a cupful of hot water in which the meat extract has been dissolved, add the basil, season with salt and freshly ground pepper and continue cooking for about half an hour over a moderate flame with the lid on. Cook the pasta in plenty of salted water (12 minutes), drain whilst still 'al dente' (resistant), place in a bowl and add the ragout. Serve with parmesan cheese.

Nutritional values/100g

protein 24,7 g fat 21,2 g carbohydrates 84 g Kcal 626 Kj 2642