

Persian Macaroni

1 large onion, chopped finely
500g lean minced beef
½ tsp ground cinnamon
½ tsp turmeric
Salt and pepper for seasoning
4 heaped tbsp tomato puree
Juice of ½ lemon
500g dried bucatini pasta, cut in half
Sunflower oil



In a large frying pan, pour enough oil to cover the base and gently fry the chopped onion, until soft and translucent (about 10 minutes)

Add in the minced beef, stirring constantly until completely brown and all the liquid from meat has evaporated. Add in the spices and seasoning, followed by tomato puree, mix well. If the mixture is not red enough, you can add more tomato puree at this stage. When satisfied with the colour, add in ¼ cup of tap water and the lemon juice, cover the pan with a lid and cook on a low heat for about 30 minutes.

Meanwhile cook the pasta according to instruction on the pack and drain in a colander.

This very last stage makes our pasta a Persian style pasta:
Cover the base of a large none-stick saucepan with oil, followed by half of the drained pasta. Add the meat in and lastly the rest of the pasta. Cover the pan with a lid and cook on a low heat for about 20 minutes. Stir the pasta gently before serving.

The best part of Persian pasta is the crusty layer at the bottom of the pan!

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