

U COOK

Classic Lamb Bolognese

with Italian-style hard cheese

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	757kJ 181kcal	4491kJ 1074kcal
Protein	10.3g	60.8g
Carbs	20g	119g
of which sugars	5g	29.5g
Fibre	1.7g	10g
Fat	6.2g	36.7g
of which saturated	2.5g	14.7g
Sodium	143mg	848mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

300g	400g	Penne Pasta
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
450g	600g	Free-range Lamb Mince
45ml	60ml	NOMU Italian Rub
3	4	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Tomato Paste
90ml	125ml	Red Wine
300ml	400ml	Tomato Passata
90ml	125ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Basil <i>rinse & pick</i>
30ml	40ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (Salt & Pepper)

1. START THE SPAG BOL Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. BOLOGNESE SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub, the garlic, the tomato paste, and the wine. Pour in the tomato passata and 450ml [600ml] of water. Simmer until thickened, 12-15 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with an extra splash of water. Add a sweetener (to taste) and season.

3. SAVOUR THE SPAG BOL Bowl up the cooked pasta and spoon over the bolognese sauce. Sprinkle over the hard cheese. Garnish with the basil, and drizzle over the balsamic reduction.