



UCOOK

Spaghetti Beef Bolognese

with fresh oregano

This dish is a favourite go-to meal for dinner! On a bed of al dente spaghetti is a generous helping of browned beef mince, together with diced veggies, all elevated with NOMU Provençal Rub for those inviting Italian aromas and tomato passata for that natural tomato tang.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Morgan Offen

 ***NEW Simple & Save**

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

300g	Spaghetti
2	Onions <i>1½ peeled & roughly diced</i>
240g	Carrot <i>trimmed, peeled (optional) & roughly diced</i>
450g	Beef Mince
15ml	NOMU Provençal Rub
2	Garlic Cloves <i>peeled & grated</i>
450ml	Tomato Passata
12g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey (optional)

1. START THE SPAG BOL Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of the pasta water, and toss through a drizzle of olive oil.

2. BOLOGNESE MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and diced carrot until soft, 4-5 minutes. Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 7-8 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub and the grated garlic. Lower the heat and pour in the passata, 50ml of pasta water and a sweetener (optional). Simmer until thickened, 12-15 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with the reserved pasta water. Season.

3. TIME TO DINE Pile up the cooked spaghetti and spoon over the bolognese. Garnish with the picked oregano. Buon appetito, maestro!

Nutritional Information

Per 100g

Energy	586kj
Energy	139kcal
Protein	7g
Carbs	17g
of which sugars	3.2g
Fibre	2.1g
Fat	4.8g
of which saturated	1.8g
Sodium	104mg

Allergens

Gluten, Allium, Wheat

Cook
within 3
Days