



# UCOOK

## Classic Spaghetti Bolognese

**with Italian-style hard cheese & chilli**

Classic is classic for a reason, Chef! This recipe features a homemade bolognese sauce made extra tangy-licious with tomato paste and tomato passata. A special UCOOK spice mix, al dente strings of spaghetti, and loaded browned mince make this meal both timeless and tasty. Garnished with fresh basil & Italian-style cheese.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Fan Faves

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Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

300g	Spaghetti
2	Onions <i>peel &amp; roughly dice 1½</i>
450g	Free-range Beef Mince
45ml	Spice Mix <i>(22,5ml NOMU Peri-peri Rub &amp; 22,5ml NOMU Provençal Rub)</i>
3	Garlic Cloves <i>peel &amp; grate</i>
60ml	Tomato Paste
300ml	Tomato Passata
90ml	Grated Italian-style Hard Cheese
8g	Fresh Basil <i>rinse</i>
3	Fresh Chillies <i>rinse, trim, deseed &amp; roughly slice</i>

## From Your Kitchen

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

**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 diced 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 spice mix, the grated garlic, and the tomato paste. Pour in the tomato passata and 450ml 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 spaghetti and spoon over the bolognese sauce. Sprinkle over the hard cheese. Garnish with the picked basil and the sliced chilli.

## Nutritional Information

Per 100g

Energy	706kj
Energy	169kcal
Protein	8.8g
Carbs	18g
of which sugars	3.3g
Fibre	1.7g
Fat	6.3g
of which saturated	2.4g
Sodium	116mg

## Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat  
Within  
3 Days