



# 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:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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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

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100g	Spaghetti
1	Onion <i>peel &amp; roughly dice ½</i>
150g	Free-range Beef Mince
15ml	Spice Mix <i>(7,5ml NOMU Peri-peri Rub &amp; 7,5ml NOMU Provençal Rub)</i>
1	Garlic Clove <i>peel &amp; grate</i>
20ml	Tomato Paste
100ml	Tomato Passata
30ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinse</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; roughly slice</i>

## From Your Kitchen

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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, 3-4 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 150ml of water. Simmer until thickened, 10-12 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

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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

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## Allergens

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

Eat  
Within  
3 Days