



UCOOK

Heineken's Macaroni Beef Bolognese

with Italian-style hard cheese & fresh oregano

A classic dinner go-to that is always delicious for the entire fam. Beef mince bolognese sauce is combined with macaroni pasta, lentils, fresh oregano, and Italian-style hard cheese. Everything is then topped with mozzarella and baked in the oven until golden brown and oh-so-yummy.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Heineken

 Fan Faves

 Paserene | Midnight Cabernet Sauvignon

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Ingredients & Prep

100g	Macaroni
1	Onion <i>½ peeled & finely diced</i>
1	Celery Stalk <i>rinsed & finely diced</i>
120g	Carrot <i>trimmed, peeled & finely diced</i>
150g	Free-range Beef Mince
10ml	NOMU Italian Rub
1	Garlic Clove <i>peeled & grated</i>
100ml	Tomato Passata
60g	Tinned Lentils <i>drained & rinsed</i>
25g	Italian-style Hard Cheese <i>grated</i>
40g	Grated Mozzarella Cheese
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MAKE THE MAC Preheat the oven to 200°C. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. START THE SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion, the diced celery, and the 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, 5-6 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, 100ml of pasta water, seasoning, and a sweetener (optional). Simmer until thickened and reduced, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with more reserved pasta water.

3. BAKE THE BOLOGNESE Once the sauce has reduced, stir through the drained lentils, ½ the grated hard cheese, the cooked macaroni, and ½ the chopped oregano. Place the mixture into an ovenproof dish. Evenly top with the grated mozzarella and remaining grated hard cheese. Roast in the hot oven until the cheese is golden and melted, 4-5 minutes. Remove and set aside to cool slightly before serving.

4. TIME TO DINE Plate up a hearty helping of the bolognese bake and garnish with the remaining oregano. Dig in, Chef!

Nutritional Information

Per 100g

Energy	719kJ
Energy	172kcal
Protein	9.7g
Carbs	19g
of which sugars	3g
Fibre	3.1g
Fat	6.5g
of which saturated	2.7g
Sodium	147mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days