



UCOOK

Sublime Spag-Bol

with beef mince, fresh parsley & mozzarella cheese

Whip up this scrumptious spag bol in a jiffy! A thick, glossy sauce of beef mince, gooey mozzarella, tomato, Peri-Peri seasoning, and carrot, smothering a base of silky wholewheat spaghetti. Served with sunflower seeds, and crisp leaves tossed with balsamic glaze. Hearty and wholesome.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Cavalli Estate | Warlord

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Ingredients & Prep

10g	Sunflower Seeds
125ml	Whole Wheat Spaghetti
1	Onion <i>½ peeled & finely diced</i>
150g	Beef Mince
7,5ml	Spice Mix <i>(3,75ml NOMU Peri Peri Rub & 3,75ml NOMU Provençal Rub)</i>
30ml	Red Wine (optional)
60g	Carrot <i>rinsed, trimmed & grated</i>
200g	Cooked Chopped Tomato
20g	Green Leaves <i>rinsed</i>
10ml	Balsamic Glaze
25g	Grated Mozzarella
3g	Fresh Parsley <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. TOASTY SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. AL DENTE SPAG Boil the kettle. Fill a pot for the spaghetti with boiling water, add a good pinch of salt, and place over a high heat. Once boiling rapidly, cook the whole wheat spaghetti for 8-10 minutes until al dente. Drain on completion, reserving a cup of the pasta water and return to the pot. Toss through some oil to prevent sticking, and cover with a lid until serving.

3. WHILE THE PASTA IS ON THE GO... Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelize for 5-6 minutes until browned, stirring occasionally. Add the spice mix in the final 1-2 minutes and fry until fragrant. Mix in the red wine (if used), grated carrot, and cook until the wine has evaporated. Lower the heat and pour in the cooked chopped tomato and 50ml of pasta water. Bring to a simmer and cook for 10-12 minutes until reduced and thick, stirring occasionally.

4. SWEET & TANGY Toss the rinsed green leaves with the balsamic glaze, a drizzle of oil, and some seasoning. Set aside for serving.

5. ALMOST THERE... If the bolognese sauce is too thick on completion, gradually loosen with the reserved pasta water. Season to taste with salt, pepper, and sweetener of choice (optional). Remove the pan from the heat and add ½ of the bolognese to the pot of pasta. Place the pot over the heat and gently toss until the pasta is coated and warm.

6. TIME TO DINE Pile up the saucy pasta and spoon over the remaining bolognese. Sprinkle over the grated mozzarella and sliced parsley. Serve the dressed leaves on the side with sprinklings of toasted sunflower seeds. Buon appetito, maestro!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	687kJ
Energy	163Kcal
Protein	7.7g
Carbs	19g
of which sugars	4.3g
Fibre	2.1g
Fat	5.9g
of which saturated	2.2g
Sodium	130mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 3
Days