



# UCOOK

## Pork Mince Ragu Pasta

with carrot & **NOMU Italian Rub**

Chef, meet ragu: Intense. Complex. Bold. And authentically Italian! You will be making this beloved pasta sauce with pork mince, dotted with onion & carrot. Fried until golden, the mince is then turned into a rich ragu with red wine, fresh thyme, and chopped tomatoes. Spoon the ragu over al dente fusilli pasta, pour a glass of wine, and have the perfect pasta night, Chef!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

---

**Serves:** 3 People

---

**Chef:** Ntande Stofile

---

Simple & Save

---

Laborie Estate | Laborie Merlot 2021

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

300g	Fusilli Pasta
450g	Pork Mince
2	Onions <i>peel &amp; roughly chop</i>
360g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
8g	Fresh Thyme <i>rinse &amp; pick</i>
45ml	NOMU Italian Rub
90ml	Red Wine
300g	Cooked Chopped Tomato

## From Your Kitchen

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

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

**2. PORK MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook, 2-3 minutes (shifting occasionally). Add the chopped onions and the carrot pieces. Fry until golden, 6-7 minutes (shifting occasionally).

**3. RAGU** Add  $\frac{3}{4}$  of the picked thyme and the NOMU rub to the pan and fry until fragrant, 1-2 minutes. Mix in the wine and reduce until almost evaporated, 2-3 minutes. Mix in the cooked chopped tomato and 450ml of the reserved pasta water. Simmer until reduced and thickening, 12-15 minutes. Remove from the heat, add a sweetener (to taste), and seasoning.

**4. DINNER IS READY** Make a bed of the cooked pasta, spoon over the ragu, and sprinkle over the remaining thyme. Well done, Chef!



## 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	611kJ
Energy	146kcal
Protein	6.6g
Carbs	17g
of which sugars	3.1g
Fibre	1.8g
Fat	5.2g
of which saturated	1.9g
Sodium	101mg

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol

Eat  
Within  
1 Day