



# UCOOK

## Beef Bolognese & Gnocchi

with fresh oregano & Italian-style hard cheese

A classic family favourite of saucy beef bolognese is served with soft and pillowy potato gnocchi. Garnished with grated Italian hard cheese and fresh oregano. What more could you ask for?

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Rhea Hsu

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 Fan Faves

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 Leopard's Leap | Cabernet Sauvignon Merlot

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## Ingredients & Prep

1	Onion <i>peeled &amp; finely diced</i>
240g	Carrot <i>peeled, trimmed &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
10ml	Tomato Paste
30ml	Red Wine
300g	Free-range Beef Mince
200ml	Tomato Passata
20ml	NOMU Italian Rub
8g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
350g	Potato Gnocchi
40ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. SAUCY BOLOGNESE** Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and diced carrot and fry for 6-7 minutes until soft, shifting occasionally. Add the grated garlic, the tomato paste, and the red wine. Fry for 1 minute until fragrant, shifting constantly. Add the beef mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes until browned, shifting occasionally.

**2. SIMMER THE SAUCE** When the mince has caramelised, add the tomato passata, the rub, and 600ml of water to the pot. Simmer for 10-12 minutes until slightly reduced. Add ½ the chopped oregano and season with a sweetener of choice, salt, and pepper.

**3. YUMMY PILLOWS** When the bolognese has 5 minutes remaining, boil the kettle. Place a pot for the gnocchi over high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain and toss through some oil to prevent sticking.

**4. PLATE UP!** Plate up the gnocchi and spoon over the saucy bolognese. Sprinkle over the grated Italian-style cheese and garnish with the remaining oregano. Looks good, Chef!

## Nutritional Information

Per 100g

Energy	504kJ
Energy	121kcal
Protein	5.8g
Carbs	10g
of which sugars	2.6g
Fibre	3g
Fat	6.4g
of which saturated	2.8g
Sodium	193mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Alcohol

Cook  
within 3  
Days