



UCOOK

Superb Tomato Spaghetti

with Kalamata olives & fresh thyme

A quick & easy classic perfect for a fuss-free dinner! Spaghetti is smothered in a savoury sauce packed with olives, garlic, and chilli flakes. It's spicier than a traditional tomato sauce but not as fiery as arrabbiata, thanks to a generous dollop of crème fraîche. Talk about bliss!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

125g	Spaghetti
1	Onion <i>peel & finely dice ½</i>
15ml	White Wine
10ml	Tomato Paste
1	Garlic Clove <i>peel & grate</i>
2,5ml	Dried Chilli Flakes
5ml	NOMU Italian Rub
80g	Baby Tomatoes <i>rinse & cut into quarters</i>
125ml	Tomato Passata
3g	Fresh Thyme <i>rinse, pick & roughly chop</i>
20g	Pitted Kalamata Olives <i>drain & cut in half</i>
30ml	Crème Fraîche

From Your Kitchen

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

1. START THE SPAGHETTI Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and return to the pot. Toss through a drizzle of olive oil.

2. ENTER THE AROMATICS Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Pour in the wine and simmer until almost all evaporated, 1-2 minutes. Add the tomato paste, the grated garlic, the chilli flakes (to taste), and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Add the quartered baby tomatoes and fry until starting to soften, 2-4 minutes (shifting occasionally).

3. CLASSIC SAUCE When the tomatoes are soft, mix through the tomato passata, ½ the chopped thyme, the halved olives, 30ml of water and a sweetener (to taste). Simmer until slightly reduced and thickened, 10-15 minutes.

4. MAKE IT CREAMY When the sauce has reduced, stir through ½ the crème fraîche. If the sauce is too thick for your liking, add a splash of the reserved pasta water. Toss through the cooked pasta and season.

5. PASTA PERFECTION Plate up the tomato pasta. Dollop over the remaining crème fraîche. Finish off with the remaining thyme and a good crack of black pepper. *Chef's kiss*

Nutritional Information

Per 100g

Energy	555kj
Energy	133kcal
Protein	4.1g
Carbs	21g
of which sugars	3.5g
Fibre	2g
Fat	2.7g
of which saturated	1.3g
Sodium	63mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
4 Days