



# UCCOOK

## Beef Spaghetti Bolognese

with fresh parsley

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Zevenwacht | Zeven Pinotage

### Nutritional Info

	Per 100g	Per Portion
Energy	570kJ	3898kJ
Energy	136kcal	932kcal
Protein	6.6g	45.2g
Carbs	16g	109g
of which sugars	3.4g	23g
Fibre	1.8g	12.3g
Fat	4.5g	31.1g
of which saturated	1.7g	11.6g
Sodium	81mg	556mg

**Allergens:** Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Spaghetti
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
120g	120g	Carrot <i>rinse, trim, peel &amp; roughly dice</i>
150g	300g	Beef Mince
10ml	20ml	NOMU Italian Rub
1	1	Garlic Clove <i>peel &amp; grate</i>
150ml	300ml	Tomato Passata
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Sugar/Sweetener/Honey (optional)

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

**2. WHILE THE PASTA IS ON THE GO...** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and carrot until golden, 3-4 minutes (shifting occasionally). Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (stirring occasionally). In the final 1-2 minutes, add the NOMU rub and the garlic and fry until fragrant. Lower the heat and pour in the passata, 50ml [100ml] of pasta water and a sweetener of choice (optional). Bring to a simmer and cook until reduced and thick, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen it with a splash of the reserved pasta water. Season to taste.

**3. TIME TO DINE** Pile up the spaghetti and spoon over the bolognese. Garnish with the parsley. Buon appetito, maestro!