



# 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Veggie

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Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

250g	Spaghetti
1	Onion <i>peel &amp; finely dice</i>
30ml	White Wine
20ml	Tomato Paste
1	Garlic Clove <i>peel &amp; grate</i>
5ml	Dried Chilli Flakes
10ml	NOMU Italian Rub
160g	Baby Tomatoes <i>rinse &amp; cut into quarters</i>
250ml	Tomato Passata
5g	Fresh Thyme <i>rinse, pick &amp; roughly chop</i>
40g	Pitted Kalamata Olives <i>drain &amp; cut in half</i>
60ml	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, 60ml 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