



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: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ntande Stofile

Simple & Save

Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

100g	Fusilli Pasta
150g	Pork Mince
1	Onion <i>peel & roughly chop</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
3g	Fresh Thyme <i>rinse & pick</i>
15ml	NOMU Italian Rub
30ml	Red Wine
100ml	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, 1-2 minutes (shifting occasionally). Add the chopped onions and the carrot pieces. Fry until golden, 5-6 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, 1-2 minutes. Mix in the cooked chopped tomato and 150ml of the reserved pasta water. Simmer until reduced and thickening, 10-12 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