



UCCOOK

Deetlefs' Classic Spaghetti & Beef Meatballs

with grated Italian-style hard cheese

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	721kJ	4648kJ
Energy	172kcal	1112kcal
Protein	9.1g	58.8g
Carbs	16g	105g
of which sugars	3.1g	20g
Fibre	1.6g	10.3g
Fat	7g	45.4g
of which saturated	2.7g	17.3g
Sodium	133mg	860mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Spaghetti
4	8	Beef Meatballs
1	1	Onion <i>peel & thinly slice</i>
1	2	Garlic Clove/s <i>peel & grate</i>
30ml	60ml	Tomato Paste
15ml	30ml	NOMU Italian Rub
30ml	60ml	Red Wine
100ml	200ml	Tomato Passata
30ml	60ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

1. PRONTO PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain and toss through a drizzle of olive oil.

2. FRY THE MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 4-5 minutes (shifting occasionally). Remove from the pan.

3. WINE O'CLOCK Return the pan to medium-high heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic, the tomato paste, and the NOMU rub. Fry until fragrant, 1-2 minutes. Add the wine and simmer until almost all the wine has evaporated, 1-2 minutes (shifting constantly).

4. SENSATIONAL SAUCE When the wine has almost all evaporated, add the tomato passata, and 150ml [300ml] of water to the pan. Lower the heat and simmer until thickened, 10-12 minutes. In the final 2-3 minutes, add the meatballs. Remove from the heat and stir through ½ the cheese, ½ the parsley, a sweetener (to taste), and seasoning.

5. MAMMA MIA, CHEF! Plate up the spaghetti and top with the saucy meatballs. Sprinkle over the remaining cheese and garnish with the remaining parsley. Finish it off with a crack of black pepper. Enjoy!