



UCOOK

Girasoli Beef Bolognese

with a burnt sage butter

To turn to the sun. That is the meaning in Italian of girasoli, a delicate, sunflower-shaped filled pasta that is not only stunning to look at but also to eat. Coated in a beautiful beef bolognese sauce, these chilli tomato pockets are finished with a decadent sage-infused burnt butter and crispy sage leaves for garnish.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Samantha du Toit

Adventurous Foodie

Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

2	Onions <i>peel & roughly dice 1½</i>
450g	Free-range Beef Mince
45ml	Spice Mix <i>(22,5ml NOMU Peri-peri Rub & 22,5ml NOMU Provençal Rub)</i>
3	Garlic Cloves <i>peel & grate</i>
300ml	Tomato Passata
525g	Chilli Tomato Girasoli
8g	Fresh Sage <i>rinse</i>
60ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. BEGIN WITH BOLOGNESE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the spice mix and the grated garlic. Pour in the tomato passata and 450ml of water. Simmer until thickened, 12-15 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with an extra splash of water. Add a sweetener (to taste) and season.

2. IT'S A GO FOR GIRASOLI Boil the kettle. Bring a pot of salted water to a boil for the girasoli. Cook the girasoli until they float to the surface, 1-2 minutes. Drain and toss through a drizzle of olive oil.

3. SAGE BURNT BUTTER Place a pan over medium-high heat with a drizzle of oil and 90g of butter. Once foaming, fry the rinsed sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!) Drain on paper towel. Reserve the sage-infused butter for serving.

4. PERFECT PASTA Plate up the girasoli. Top with the bolognese sauce. Scatter over the cheese. Drizzle over the sage burnt butter and top with the crispy sage leaves. Stunning, Chef!

Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	9.8g
Carbs	14g
of which sugars	2.6g
Fibre	0.9g
Fat	8.1g
of which saturated	3.4g
Sodium	257mg

Allergens

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

Eat
Within
3 Days