



UCOOK

Cheesy Beef Bolognese Bake

with cream cheese, spinach & parsley

You can't go wrong with a pasta bake! They're always a crowd-pleaser and this one is no exception. Tender penne pasta tubes coated in herbs, juicy beef mince, spinach and gooey cheese, served with fresh parsley and lots of love.

Hands-On Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

125g	Penne Rigate
1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Beef Mince
7,5ml	NOMU Italian Rub
100g	Cooked Chopped Tomato
30ml	Cream Cheese
40g	Spinach <i>rinsed</i>
40g	Grated Mozzarella & Cheddar Cheese Mix
2g	Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GET IT BUBBLING! Preheat the oven to 200°C. Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. LET'S GET SAUCY Place a deep pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally. Mix in the Italian rub, the cooked chopped tomato and the cream cheese. Simmer for 4-5 minutes until slightly reduced and thickened. In the final minute, add in the rinsed spinach and the drained pasta. Mix until the spinach is wilted. Season with salt and pepper and a sweetener of choice.

3. FINAL TOUCHES Add the bolognese pasta mix to an ovenproof dish. Top with the grated cheese. Bake for 10-15 minutes until the cheese is melted and browned.

4. EASY PEASY BAKE Plate up the cheesy mince bake and sprinkle over chopped fresh parsley. As simple as that!

Nutritional Information

Per 100g

Energy	829kJ
Energy	198Kcal
Protein	10.2g
Carbs	20g
of which sugars	2.4g
Fibre	1.7g
Fat	8.2g
of which saturated	3.6g
Sodium	174.9mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 2
Days