



UCCOOK

Beef Spaghetti Bolognese

with fresh parsley

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Fryer's Cove | Fryers Cove Grenache Cinsault

Nutritional Info

	Per 100g	Per Portion
Energy	558kJ	3541kJ
Energy	133kcal	847kcal
Protein	6.7g	42.3g
Carbs	15g	94g
of which sugars	3.6g	22.8g
Fibre	1.8g	11.7g
Fat	4.8g	30.8g
of which saturated	1.8g	11.5g
Sodium	89mg	564mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Spaghetti
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
240g	240g	Carrot <i>rinse, trim, peel & roughly dice</i>
450g	600g	Beef Mince
30ml	40ml	NOMU Italian Rub
2	2	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Tomato Paste
300ml	400ml	Tomato Passata
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey (optional)

1. START THE SPAG BOL Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water and toss through a drizzle of olive oil.

2. WHILE THE PASTA IS ON THE GO... Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and carrot until golden, 4-5 minutes (shifting occasionally). Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 8-10 minutes (stirring occasionally). In the final 1-2 minutes, add the NOMU rub, the garlic, and the tomato paste, and fry until fragrant. Lower the heat and pour in the passata, 150ml [200ml] of pasta water and a sweetener of choice (optional). Bring to a simmer and cook until reduced and thick, 12-15 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen it with a splash of the reserved pasta water. Season to taste.

3. TIME TO DINE Pile up the spaghetti and spoon over the bolognese. Garnish with the parsley. Buon appetito, maestro!