



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: Zevenwacht | Zeven Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	570kJ	3898kJ
Energy	136kcal	932kcal
Protein	6.6g	45.2g
Carbs	16g	109g
of which sugars	3.4g	23g
Fibre	1.8g	12.3g
Fat	4.5g	31.1g
of which saturated	1.7g	11.6g
Sodium	81mg	556mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	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>
450ml	600ml	Tomato Passata
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

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 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 and the garlic 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!