



UCOOK

Beef Bolognese & Gnocchi

with fresh oregano & Italian-style hard cheese

A classic family favourite of saucy beef bolognese is served with soft and pillowy potato gnocchi. Garnished with grated Italian hard cheese and fresh oregano. What more could you ask for?

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu

 Fan Faves

 Leopard's Leap | Cabernet Sauvignon Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Onions <i>1½ peeled & finely diced</i>
360g	Carrot <i>peeled, trimmed & roughly diced</i>
3	Garlic Cloves <i>peeled & grated</i>
15ml	Tomato Paste
45ml	Red Wine
450g	Free-range Beef Mince
300ml	Tomato Passata
30ml	NOMU Italian Rub
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
525g	Potato Gnocchi
60ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. SAUCY BOLOGNESE Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and diced carrot and fry for 8-9 minutes until soft, shifting occasionally. Add the grated garlic, the tomato paste, and the red wine. Fry for 1 minute until fragrant, shifting constantly. Add the beef mince and work quickly to break it up as it starts to cook. Caramelize for 5-6 minutes until browned, shifting occasionally.

2. SIMMER THE SAUCE When the mince has caramelised, add the tomato passata, the rub, and 900ml of water to the pot. Simmer for 12-15 minutes until slightly reduced. Add ½ the chopped oregano and season with a sweetener of choice, salt, and pepper.

3. YUMMY PILLOWS When the bolognese has 5 minutes remaining, boil the kettle. Place a pot for the gnocchi over high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain and toss through some oil to prevent sticking.

4. PLATE UP! Plate up the gnocchi and spoon over the saucy bolognese. Sprinkle over the grated Italian-style cheese and garnish with the remaining oregano. Looks good, Chef!

Nutritional Information

Per 100g

Energy	504kJ
Energy	121kcal
Protein	5.8g
Carbs	10g
of which sugars	2.6g
Fibre	3g
Fat	6.4g
of which saturated	2.8g
Sodium	193mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Alcohol

Cook
within 3
Days