



UCOOK

Classic Spaghetti Bolognese

with Italian-style hard cheese & chilli

Classic is classic for a reason, Chef! This recipe features a homemade bolognese sauce made extra tangy-licious with tomato paste and tomato passata. A special UCOOK spice mix, al dente strings of spaghetti, and loaded browned mince make this meal both timeless and tasty. Garnished with fresh basil & Italian-style cheese.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Samantha du Toit

Fan Faves

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

200g	Spaghetti
1	Onion <i>peel & roughly dice</i>
300g	Free-range Beef Mince
30ml	Spice Mix <i>(15ml NOMU Peri-peri Rub & 15ml NOMU Provençal Rub)</i>
2	Garlic Cloves <i>peel & grate</i>
40ml	Tomato Paste
200ml	Tomato Passata
60ml	Grated Italian-style Hard Cheese
5g	Fresh Basil <i>rinse</i>
2	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>

From Your Kitchen

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

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. BOLOGNESE SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 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, the grated garlic, and the tomato paste. Pour in the tomato passata and 300ml of water. Simmer until thickened, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with an extra splash of water. Add a sweetener (to taste) and season.

3. SAVOUR THE SPAG BOL Bowl up the cooked spaghetti and spoon over the bolognese sauce. Sprinkle over the hard cheese. Garnish with the picked basil and the sliced chilli.

Nutritional Information

Per 100g

Energy	706kJ
Energy	169kcal
Protein	8.8g
Carbs	18g
of which sugars	3.3g
Fibre	1.7g
Fat	6.3g
of which saturated	2.4g
Sodium	116mg

Allergens

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

Eat
Within
3 Days