



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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Fan Faves

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Bertha Wines | Bertha Shiraz 2021

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### Ingredients & Prep

|       |   |
|-------|---|
| 400g  | Spaghetti   |
| 2     | Onions<br><i>peel &amp; roughly dice</i>                                    |
| 600g  | Free-range Beef Mince   |
| 60ml  | Spice Mix<br><i>(30ml NOMU Peri-peri Rub &amp; 30ml NOMU Provençal Rub)</i> |
| 4     | Garlic Cloves<br><i>peel &amp; grate</i>                                    |
| 80ml  | Tomato Paste  |
| 400ml | Tomato Passata  |
| 125ml | Grated Italian-style Hard Cheese  |
| 10g   | Fresh Basil<br><i>rinse</i>   |
| 4     | Fresh Chillies<br><i>rinse, trim, deseed &amp; 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, 4-5 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 600ml of water. Simmer until thickened, 12-15 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