



UCOOK

Classic Spaghetti Bolognese

with fresh basil

It's the no-hassle, no-fuss, no-problem-cleaning-the-plate recipe you can always rely on. A rich, tangy tomato sauce elevated with a special UCOOK seasoning mix wraps around browned beef mince. Sprinkle over some grated Italian-style hard cheese & shreds of fresh basil, and enjoy!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

 Strandveld | First Sighting Syrah

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Ingredients & Prep

100g	Spaghetti
1	Onion <i>peel & roughly dice ½</i>
150g	Beef Mince
10ml	Rub & Chilli Flakes <i>(5ml NOMU Italian Rub & 5ml Dried Chilli Flakes)</i>
10ml	Tomato Paste
1	Garlic Clove <i>peel & grate</i>
50ml	Tomato Passata
15ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinse, pick & roughly tear</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, reserving the pasta water, and toss through a drizzle of olive oil.

2. BOLOGNESE MINCE 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 rub & chilli flakes, the tomato paste, and the grated garlic. Lower the heat. Pour in the tomato passata and 150ml of the reserved pasta water. Simmer until thickened, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with an extra splash of the pasta water. Add a sweetener (to taste) and season.

3. TIME TO DINE Pile up the cooked spaghetti and spoon over the bolognese. Sprinkle over the grated cheese and garnish with the rinsed basil. Buon appetito, maestro!

Nutritional Information

Per 100g

Energy	860kj
Energy	206kcal
Protein	10.8g
Carbs	21g
of which sugars	2.5g
Fibre	1.5g
Fat	8g
of which saturated	3g
Sodium	68mg

Allergens

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

Eat
Within
3 Days