



# UCOOK

## Spaghetti Beef Bolognese

with fresh oregano

This dish is a favourite go-to meal for dinner! On a bed of al dente spaghetti is a generous helping of browned beef mince, together with diced veggies, all elevated with NOMU Provençal Rub for those inviting Italian aromas and tomato passata for that natural tomato tang.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes


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**Serves:** 1 Person

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**Chef:** Morgan Offen

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 **\*NEW Simple & Save**

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 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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## Ingredients & Prep

100g	Spaghetti
1	Onion <i>½ peeled &amp; roughly diced</i>
120g	Carrot <i>trimmed, peeled (optional) &amp; roughly diced</i>
150g	Beef Mince
5ml	NOMU Provençal Rub
1	Garlic Clove <i>peeled &amp; grated</i>
150ml	Tomato Passata
4g	Fresh Oregano <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
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, 8-10 minutes. Drain, reserving a cup of 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 and diced carrot until soft, 3-4 minutes. Add in 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 NOMU rub and the grated garlic. Lower the heat and pour in the passata, 50ml of pasta water and a sweetener (optional). Simmer until thickened, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with the reserved pasta water. Season.

**3. TIME TO DINE** Pile up the cooked spaghetti and spoon over the bolognese. Garnish with the picked oregano. Buon appetito, maestro!

## Nutritional Information

Per 100g

Energy	586kj
Energy	139kcal
Protein	7g
Carbs	17g
of which sugars	3.2g
Fibre	2.1g
Fat	4.8g
of which saturated	1.8g
Sodium	104mg

## Allergens

Gluten, Allium, Wheat

Cook  
within 3  
Days